

# USDA National Nutrient Database for Standard ReferenceRelease 28

## Nutrients: Fatty acids, total saturated (g)

Food Subset: All Foods  
Ordered by: Nutrient Content  
Measured by: Household  
Report Run at: December 22, 2015 09:10 EST

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
19182	Desserts, mousse, chocolate, prepared-from-recipe	808.0	1.0 recipe yield	73.940
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	50.736
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	240.0	1.0 cup	44.268
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	226.0	1.0 cup	42.748
19079	Candies, confectioner's coating, yogurt	170.0	1.0 cup chips	40.977
19085	Candies, confectioner's coating, butterscotch	170.0	1.0 cup chips	40.970
12145	Nuts, pilinuts, dried	120.0	1.0 cup	37.421
23436	Beef, New Zealand, imported, subcutaneous fat, raw	113.0	4.0 oz	35.611
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	35.102
23420	Beef, New Zealand, imported, intermuscular fat, raw	113.0	4.0 oz	32.205
19701	Candies, semisweet chocolate, made with butter	170.0	1.0 cup chips (6 oz package)	29.801
17285	Lamb, Australian, imported, fresh, separable fat, cooked	85.0	3.0 oz	29.538
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	29.265
21255	BURGER KING, DOUBLE WHOPPER, with cheese	399.0	1.0 item	27.922
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	27.638
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	27.532
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	27.528
43398	Cheese, pasteurized process, cheddar or American, low sodium	140.0	1.0 cup, diced	27.511
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	27.414
10864	Pork, bacon, rendered fat, cooked	85.0	3.0 oz	27.192
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	26.784
01011	Cheese, colby	132.0	1.0 cup, diced	26.688
36051	ON THE BORDER, cheese quesadilla	203.0	1.0 serving 1 quesadilla	26.341
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	85.0	3.0 oz	25.718
01020	Cheese, fontina	132.0	1.0 cup, diced	25.339
01030	Cheese, muenster	132.0	1.0 cup, diced	25.229
01025	Cheese, monterey	132.0	1.0 cup, diced	25.167
01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	25.124

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
01009	Cheese, cheddar	132.0	1.0 cup, diced	24.904
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	24.873
01005	Cheese, brick	132.0	1.0 cup, diced	24.768
01040	Cheese, swiss	132.0	1.0 cup, diced	24.060
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	23.758
36052	Restaurant, Mexican, cheese quesadilla	205.0	1.0 serving serving size varied on diameter and count of quesadila	23.696
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	23.679
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	23.204
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	355.0	1.0 item	23.142
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	22.967
17449	Lamb, Australian, imported, fresh, external fat, cooked	85.0	3.0 oz	22.780
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	22.580
36042	OLIVE GARDEN, lasagna classico	422.0	1.0 serving	22.564
01035	Cheese, provolone	132.0	1.0 cup, diced	22.543
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	235.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	22.536
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	22.463
01024	Cheese, limburger	134.0	1.0 cup	22.440
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	22.437
01019	Cheese, feta	150.0	1.0 cup, crumbled	22.419
19086	Candies, confectioner's coating, peanut butter	168.0	1.0 cup chips	22.042
01034	Cheese, port de salut	132.0	1.0 cup, diced	22.032
18948	Pie crust, refrigerated, regular, unbaked	229.0	1.0 pie crust (average weight)	21.975
18946	Pie crust, refrigerated, regular, baked	198.0	1.0 pie crust	21.952
19126	Candies, milk chocolate coated peanuts	149.0	1.0 cup	21.754
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	77.0	1.0 cup	21.638
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	374.0	1.0 item	21.591
21254	BURGER KING, DOUBLE WHOPPER, no cheese	374.0	1.0 item	21.591
23419	Beef, New Zealand, imported, intermuscular fat, cooked	85.0	3.0 oz	21.462
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	21.458
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	21.430
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	254.0	1.0 sandwich	21.125
36050	Restaurant, Mexican, cheese enchilada	244.0	1.0 serving serving size varied from 1 to 3 enchiladas	20.411
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	20.397

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21101	Fast foods, cheeseburger; triple, regular patty; plain	249.0	1.0 item	19.957
21363	McDONALD'S, Deluxe Breakfast, with syrup and margarine	420.0	1.0 item 14.8 oz	19.496
36043	CARRABBA'S ITALIAN GRILL, lasagne	437.0	1.0 serving	19.079
43340	Cheese, parmesan, low sodium	100.0	1.0 cup, grated	19.051
36049	ON THE BORDER, cheese enchilada	250.0	1.0 serving serving size varied from 1 to 3 enchiladas	18.800
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	18.658
42155	Cheese, monterey, low fat	132.0	1.0 cup, diced	18.533
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	18.290
21253	BURGER KING, WHOPPER, with cheese	316.0	1.0 item	18.271
21243	WENDY'S, CLASSIC DOUBLE, with cheese	310.0	1.0 item	18.259
10000	Pork, fresh, composite of separable fat, with added solution, cooked	85.0	3.0 oz	18.175
21345	McDONALD'S, DOUBLE QUARTER POUNDER with Cheese	280.0	1.0 item	18.124
21396	Fast foods, cheeseburger; double, large patty; with condiments	280.0	1.0 item	18.124
01069	Cream substitute, powdered	94.0	1.0 cup	17.997
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	17.901
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	258.0	1.0 sandwich	17.673
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	17.538
12177	Nuts, coconut meat, dried (desiccated), creamed	28.35	1.0 oz	17.366
21341	McDONALD'S, BIG BREAKFAST	269.0	1.0 item 9.5 oz	17.229
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	17.014
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	17.014
01264	Ice cream bar, stick or nugget, with crunch coating	95.0	26.0 pieces	17.000
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	227.0	0.5 lb	16.912
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	16.778
19087	Candies, white chocolate	85.0	1.0 bar (3 oz)	16.500
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	16.356
01073	Dessert topping, semi solid, frozen	75.0	1.0 cup	16.337
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	16.321
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	16.221
12131	Nuts, macadamia nuts, raw	134.0	1.0 cup, whole or halves	16.162
01229	Cheese, white, queso blanco	118.0	1.0 cup, crumbled	16.120
43384	Beef, bologna, reduced sodium	138.0	1.0 cup pieces	16.113
21115	Fast foods, hamburger, large, triple patty, with condiments	259.0	1.0 sandwich	15.921
23322	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	15.894

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
21270	TACO BELL, Taco Salad	533.0	1.0 item	15.878
01070	Dessert topping, powdered	43.0	1.5 oz	15.791
01228	Cheese, fresh, queso fresco	122.0	1.0 cup, crumbled	15.787
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	15.770
12632	Nuts, macadamia nuts, dry roasted, with salt added	132.0	1.0 cup, whole or halves	15.770
36060	ON THE BORDER, soft taco with ground beef, cheese and lettuce	324.0	1.0 serving varied from 2-3 tacos per serving	15.708
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	15.695
01032	Cheese, parmesan, grated	100.0	1.0 cup	15.371
43541	Ice creams, chocolate, rich	148.0	1.0 cup	15.358
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	15.146
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	15.130
07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	15.052
18310	Pie, chocolate creme, commercially prepared	120.0	1.0 serving .167 pie	14.939
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	14.916
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	14.909
13335	Beef, variety meats and by-products, suet, raw	28.35	1.0 oz	14.827
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	14.766
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	14.751
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	14.730
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	114.0	4.0 oz	14.723
23320	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	14.552
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	14.491
12160	Seeds, cottonseed kernels, roasted (glandless)	149.0	1.0 cup	14.452
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	113.0	4.0 oz	14.356
43597	Cheese, mozzarella, low sodium	132.0	1.0 cup, diced	14.344
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	14.287
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	14.265
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	171.0	1.0 sandwich	14.265
21011	Fast foods, croissant, with egg and cheese	127.0	1.0 croissant	14.065
21362	McDONALD'S, Sausage Biscuit with Egg	163.0	1.0 item 5.7 oz	14.064
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	219.0	1.0 item	14.007
21398	Fast foods, cheeseburger; single, large patty; with condiments	199.0	1.0 item	13.996
23438	Beef, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	13.892
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	254.0	1.0 item	13.764

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	13.647
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	13.624
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	13.582
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	13.538
07071	Salami, dry or hard, pork	113.0	1.0 package (4 oz)	13.436
07005	Blood sausage	100.0	4.0 slices	13.400
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	13.317
01227	Cheese, dry white, queso seco	97.0	1.0 cup grated	13.306
13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	13.282
01072	Dessert topping, pressurized	70.0	1.0 cup	13.238
36633	Restaurant, Chinese, sesame chicken	547.0	1.0 order	13.183
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	13.182
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	85.0	3.0 oz	13.170
01182	USDA Commodity, cheese, cheddar, reduced fat	113.0	1.0 cup shredded	13.085
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	144.0	1.0 cup	13.085
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	13.085
19130	Candies, HERSHEY'S POT OF GOLD Almond Bar	78.0	1.0 bar 2.8 oz	13.000
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	211.0	1.0 item	12.926
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	115.0	1.0 serving	12.835
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	28.35	1.0 oz	12.823
01133	Egg, whole, dried	85.0	1.0 cup, sifted	12.809
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	12.781
04701	Oil, industrial, soy, fully hydrogenated	13.6	1.0 tablespoon	12.779
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	228.0	1.0 sandwich	12.768
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	13.6	1.0 tbsp	12.743
07036	Sausage, Italian, pork, raw	113.0	1.0 link, 4/lb	12.735
04702	Oil, industrial, cottonseed, fully hydrogenated	13.6	1.0 tablespoon	12.731
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	13.6	1.0 tbsp	12.721
23314	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	12.680
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	12.666
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	348.0	12.0 fl oz cup	12.643
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	281.0	1.0 serving varied from 1 to 3 tacos per serving	12.606
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	13.6	1.0 tbsp	12.596
07910	Bratwurst, veal, cooked	84.0	1.0 serving 2.96 oz	12.550

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12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	12.545
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	12.545
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	12.509
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	12.509
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	12.508
21361	McDONALD'S, Sausage Biscuit	117.0	1.0 item 4.1 oz	12.471
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	12.463
42303	Cheese, muenster, low fat	113.0	1.0 cup, shredded	12.374
21252	BURGER KING, WHOPPER, no cheese	291.0	1.0 item	12.368
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	215.0	1.0 sandwich	12.354
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	215.0	1.0 sandwich	12.354
13848	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	12.333
13861	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	12.333
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	236.0	1.0 item	12.251
04572	Oil, nutmeg butter	13.6	1.0 tbsp	12.240
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	13.6	1.0 tbsp	12.099
19348	Syrups, chocolate, fudge-type	304.0	1.0 cup	12.099
05304	Turkey, mechanically deboned, from turkey frames, raw	227.0	0.5 lb	12.054
36056	Restaurant, Mexican, cheese tamales	302.0	1.0 serving serving size varied from 1 to 3 tamales	12.029
21111	Fast foods, hamburger; double, regular patty; with condiments	215.0	1.0 item	12.001
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	13.6	1.0 tbsp	11.996
04592	Fish oil, menhaden, fully hydrogenated	12.5	1.0 tbsp	11.950
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	339.0	1.0 serving	11.923
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	13.6	1.0 tbsp	11.908
19061	Snacks, trail mix, tropical	140.0	1.0 cup	11.872
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	11.866
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	11.853
21338	McDONALD'S, McFLURRY with M&M'S CANDIES	348.0	1.0 regular (12 fl oz)	11.839
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	11.816
23321	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	11.775
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	13.6	1.0 tbsp	11.764
23312	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	11.752
21360	McDONALD'S, Bacon Egg & Cheese Biscuit	142.0	1.0 item 4.9 oz	11.732

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23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	11.705
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	13.6	1.0 tbsp	11.696
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	12.8	1.0 tbsp	11.686
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	11.673
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	11.673
11373	Potatoes, au gratin, home-prepared from recipe using butter	245.0	1.0 cup	11.596
04573	Oil, ucuhuba butter	13.6	1.0 tbsp	11.587
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	11.569
13849	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	11.552
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	11.504
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	454.0	1.0 serving varied from 7-9 ravioli per serving	11.491
22528	Turkey Pot Pie, frozen entree	397.0	1.0 package yields	11.434
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	11.431
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	11.407
16094	Peanuts, valencia, oil-roasted, with salt	144.0	1.0 cup	11.367
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	11.367
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	115.0	1.0 serving	11.333
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	11.302
01109	Milk, sheep, fluid	245.0	1.0 cup	11.277
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	11.276
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	131.0	1.0 item	11.259
21329	McDONALD'S, Sausage, Egg & Cheese McGRIDDLES	199.0	1.0 item 7 oz	11.242
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	199.0	1.0 item	11.242
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	11.237
21235	McDONALD'S, QUARTER POUNDER with Cheese	199.0	1.0 item 7.1 oz	11.230
01134	Egg, whole, dried, stabilized, glucose reduced	85.0	1.0 cup, sifted	11.218
01108	Milk, indian buffalo, fluid	244.0	1.0 cup	11.217
04047	Oil, coconut	13.6	1.0 tbsp	11.217
17353	Lamb, Australian, ground, 85% lean / 15% fat, raw	113.0	1.0 serving (4 oz)	11.216
21506	BURGER KING, Double Cheeseburger	162.0	1.0 sandwich	11.214
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	194.0	1.0 breast, with skin	11.184
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	11.170
22529	Beef Pot Pie, frozen entree, prepared	268.0	1.0 pie, cooked (average weight)	11.119
16092	Peanuts, spanish, oil-roasted, with salt	147.0	1.0 cup	11.106
16392	Peanuts, spanish, oil-roasted, without salt	147.0	1.0 cup	11.106

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13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	149.0	1.0 steak (yield from 1 raw steak weighing 149g)	11.102
04513	Vegetable oil, palm kernel	13.6	1.0 tablespoon	11.084
21488	Fast foods, quesadilla, with chicken	180.0	1.0 each quesadilla	11.077
19089	Ice creams, vanilla, rich	107.0	0.5 cup	11.052
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	11.049
04534	Oil, babassu	13.6	1.0 tbsp	11.043
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	11.042
32036	JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared	128.0	1.0 biscuit	11.002
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	96.0	1.0 unit	11.000
10128	Pork, cured, breakfast strips, raw or unheated	85.0	3.0 oz	10.974
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	10.937
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	10.937
36055	Restaurant, Italian, cheese ravioli with marinara sauce	427.0	1.0 serving serving size varied by diameter and count of ravioli	10.914
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	10.897
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	113.0	4.0 oz	10.892
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	10.854
21344	McDONALD'S, Double Cheeseburger	155.0	1.0 sandwich	10.847
13344	Beef, cured, breakfast strips, raw or unheated	68.0	3.0 slices	10.846
32032	Sausage, egg and cheese breakfast biscuit	126.0	1.0 biscuit	10.830
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	10.829
23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	10.812
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	57.0	1.0 package (2 oz)	10.807
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	10.795
21395	Fast foods, cheeseburger; double, regular patty; with condiments	155.0	1.0 sandwich	10.788
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	155.0	1.0 sandwich	10.788
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	10.786
13842	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	10.770
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	10.747
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	10.738
05303	Poultry, mechanically deboned, from mature hens, raw	227.0	0.5 lb	10.737
13843	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	10.727
16093	Peanuts, valencia, raw	146.0	1.0 cup	10.700
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	227.0	0.5 lb	10.692



NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	10.611
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	85.0	3.0 oz	10.602
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	85.0	3.0 oz	10.582
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	10.580
12174	Seeds, watermelon seed kernels, dried	108.0	1.0 cup	10.561
21092	Fast foods, cheeseburger; double, regular patty; plain	149.0	1.0 item	10.549
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226.0	1.0 sandwich	10.518
19125	Chocolate-flavored hazelnut spread	37.0	1.0 serving 2 TBSP	10.517
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	131.0	1.0 cup	10.493
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	10.470
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	10.447
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	10.446
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218.0	1.0 sandwich	10.420
16091	Peanuts, spanish, raw	146.0	1.0 cup	10.363
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	130.0	1.0 cup, cooked	10.335
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	10.286
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	365.0	1.0 serving varied from 8 to 10 ravioli per serving	10.282
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	113.0	4.0 oz	10.282
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	10.208
22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	10.195
23319	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	10.178
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	10.166
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	138.0	1.0 thigh with skin	10.135
42129	Bologna, beef and pork, low fat	138.0	1.0 cup pieces	10.085
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	10.082
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	10.082
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	10.049
17284	Lamb, Australian, imported, fresh, separable fat, raw	28.35	1.0 oz	10.023
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	10.018
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	10.013
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	10.005
21507	WENDY'S, Double Stack, with cheese	146.0	1.0 sandwich	10.002
19324	Puddings, coconut cream, dry mix, regular	88.0	1.0 package (3.12 oz)	10.000
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	9.914

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
21359	McDONALD'S, Sausage McMUFFIN with Egg	165.0	1.0 item 5.8 oz	9.913
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	9.911
19322	Puddings, coconut cream, dry mix, instant	99.0	1.0 package (3.5 oz)	9.900
19250	Candies, HERSHEY, KIT KAT BIG KAT Bar	55.0	1.0 bar 1.94 oz	9.894
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	9.866
12136	Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend	147.0	1.0 cup	9.864
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	9.834
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	9.811
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	9.807
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	140.0	1.0 steak (yield from 181 g raw meat)	9.801
13860	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	9.784
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	9.775
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	9.775
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	13.6	1.0 tbsp	9.716
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	9.656
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	9.653
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	9.630
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	9.618
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	9.590
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	85.0	3.0 oz	9.581
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	9.554
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	9.542
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	9.542
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	9.452
13839	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	9.401
16095	Peanuts, virginia, raw	146.0	1.0 cup	9.394
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	9.393
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	121.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	9.365
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	9.360
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	9.333
17092	Veal, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	9.333
07008	Bologna, beef and pork	100.0	3.527 oz	9.301
07207	OSCAR MAYER, Braunschweiger Liver Sausage (sliced)	85.0	3.0 oz	9.299

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
13852	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	9.282
21413	Light Ice Cream, soft serve, blended with cookie pieces	337.0	12.0 fl oz cup	9.281
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	113.0	4.0 oz	9.278
12141	Nuts, mixed nuts, dry roasted, with peanuts, salt added, CHOSEN ROASTER	132.0	1.0 cup	9.270
10150	Pork, cured, ham, whole, separable lean and fat, unheated	140.0	1.0 cup	9.268
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	9.266
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	164.0	1.0 slice 1/4 of pie	9.233
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	9.231
13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	9.222
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	9.183
05305	Ground turkey, raw	453.6	1.0 lb	9.181
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	9.140
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	271.0	1.0 sandwich	9.138
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	9.132
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	9.115
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	113.0	4.0 oz	9.112
06211	Soup, cheese, canned, prepared with equal volume milk	251.0	1.0 cup	9.111
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	9.107
21251	BURGER KING, Cheeseburger	133.0	1.0 item	9.100
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	9.082
16396	Peanuts, virginia, oil-roasted, without salt	143.0	1.0 cup	9.073
16096	Peanuts, virginia, oil-roasted, with salt	143.0	1.0 cup	9.073
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	233.0	1.0 sandwich	9.071
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	9.066
23293	Beef, Australian, imported, grass-fed, ground, 85% lean / 15% fat, raw	114.0	4.0 oz (4 oz)	9.049
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	9.044
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	9.042
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	9.036
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	9.035
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	227.0	1.0 slice 1/4 of pie	9.001
21012	Fast foods, croissant, with egg, cheese, and bacon	128.0	1.0 item	9.000
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	8.981
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	8.976

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	179.0	1.0 slice 1/4 of pie	8.963
17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	8.934
04570	Shortening, confectionery, fractionated palm	13.6	1.0 tbsp	8.908
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	8.906
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	8.905
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	8.891
23323	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	8.878
13845	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	8.865
13846	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	8.857
36036	Restaurant, family style, onion rings	259.0	1.0 serving	8.845
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	8.804
17036	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	8.789
36020	T.G.I. FRIDAY'S, chicken fingers	225.0	1.0 serving	8.786
07059	Polish sausage, pork	85.0	3.0 oz	8.780
17319	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	8.775
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	8.772
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	8.761
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	8.755
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	8.746
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	8.734
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	193.0	1.0 thigh with skin	8.731
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166.0	1.0 sandwich	8.717
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	8.704
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	205.0	1.0 item	8.692
21339	McDONALD'S, McFLURRY with OREO cookies	337.0	1.0 regular (12 fl oz)	8.684
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	114.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	8.675
11843	Potatoes, au gratin, home-prepared from recipe using margarine	245.0	1.0 cup	8.648
19065	Candies, ALMOND JOY Candy Bar	49.0	1.0 package 1.76 oz	8.619
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	8.604
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	8.604
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	8.599
21006	Fast foods, biscuit with egg and steak	148.0	1.0 biscuit	8.599

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	8.594
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	8.582
23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	8.567
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	8.547
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	8.545
13858	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	8.542
06167	Sauce, homemade, white, thick	250.0	1.0 cup	8.540
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	8.537
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	8.534
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	8.517
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	54.0	1.0 package (1.89 oz, 2 bars)	8.509
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	46.0	1.0 serving 1.63 oz singles bag	8.503
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	8.500
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	8.498
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	113.0	4.0 oz	8.491
21405	McDONALD'S, Premium Crispy Chicken Club Sandwich	254.0	1.0 item 9 oz	8.466
07089	Sausage, Italian, pork, cooked	83.0	1.0 link, 4/lb	8.462
42135	Whipped topping, frozen, low fat	75.0	1.0 cup	8.455
12130	Nuts, hickorynuts, dried	120.0	1.0 cup	8.446
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	8.410
23310	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	8.410
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	8.401
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	8.398
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	8.390
21112	Fast foods, hamburger; single, large patty; plain	137.0	1.0 sandwich	8.384
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	8.356
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	8.349
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	144.0	1.0 piece (1/12 of a cake)	8.342
21358	McDONALD'S, Sausage McMUFFIN	115.0	1.0 item 4 oz	8.341
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	8.338
17229	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	8.332
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	8.332

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	268.0	1.0 sandwich	8.332
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	8.329
21237	McDONALD'S, BIG MAC	219.0	1.0 item 7.6 oz	8.329
19821	Snacks, trail mix, regular, unsalted	150.0	1.0 cup	8.325
19059	Snacks, trail mix, regular	150.0	1.0 cup	8.325
21350	McDONALD'S, BIG MAC (without Big Mac Sauce)	200.0	1.0 item	8.324
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	115.0	1.0 serving	8.313
05146	Goose, domesticated, meat and skin, raw	85.0	3.0 oz	8.313
07075	Sausage, smoked link sausage, pork and beef	85.0	3.0 oz	8.304
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	8.299
11658	Spinach souffle	136.0	1.0 cup	8.284
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	8.262
17243	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	8.254
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	8.244
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	8.242
19248	Candies, HERSHEY'S, ALMOND JOY BITES	40.0	18.0 pieces	8.240
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	8.231
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	8.231
19071	Candies, carob, unsweetened	28.35	1.0 oz	8.227
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	8.222
19400	Snacks, banana chips	28.35	1.0 oz	8.213
21202	Fast foods, hamburger, large, single patty, with condiments	171.0	1.0 item	8.182
19162	Candies, WHATCHAMACALLIT Candy Bar	48.0	1.0 bar 1.7 oz	8.179
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	8.166
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	8.165
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	85.0	3.0 oz	8.157
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	8.128
04501	Oil, cocoa butter	13.6	1.0 tablespoon	8.119
19890	Frozen novelties, KLONDIKE, SLIM-A-BEAR, No Sugar Added, Stickless Bar	78.0	1.0 serving 1 bar	8.112
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	85.0	3.0 oz	8.092
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	8.080
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	218.0	1.0 item	8.042
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	8.024

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	8.006
21013	Fast foods, croissant, with egg, cheese, and ham	155.0	1.0 item	8.000
12039	Seeds, sunflower seed kernels, toasted, without salt	134.0	1.0 cup	7.977
12539	Seeds, sunflower seed kernels, toasted, with salt added	134.0	1.0 cup	7.977
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	7.973
18969	Cream puff, eclair, custard or cream filled, iced	113.0	4.0 oz	7.972
12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	7.962
12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	7.962
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	7.950
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	7.933
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	7.932
01003	Butter oil, anhydrous	12.8	1.0 tbsp	7.926
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	7.878
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	7.875
17299	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	7.858
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	7.857
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	7.856
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	7.854
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	7.828
22919	Macaroni and Cheese, canned, microwavable	213.0	7.5 oz 1 serving	7.806
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	170.0	1.0 serving 6 servings per 34.98 oz package	7.796
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	207.0	1.0 slice 1/4 of pie	7.785
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	7.772
21023	Fast foods, french toast with butter	135.0	2.0 slices	7.749
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	119.0	1.0 steak (yield from 1 raw steak weighing 151g)	7.748
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	7.732
23316	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw	114.0	4.0 oz	7.731
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	7.718
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	85.0	3.0 oz	7.718
19151	Candies, REESE'S PIECES Candy	47.0	0.25 cup	7.717
19093	Candies, SYMPHONY Milk Chocolate Bar	42.0	1.0 bar 1.5 oz	7.703
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	114.0	4.0 oz	7.677
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	7.676

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
36059	Restaurant, Italian, chicken parmesan without pasta	301.0	1.0 serving	7.675
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	7.658
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	7.619
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	7.608
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	7.598
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	7.580
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	7.574
01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	7.566
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	113.0	4.0 oz	7.559
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	7.557
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	7.540
21522	McDONALD'S, Southern Style Chicken Biscuit	132.0	1.0 biscuit regular size biscuit	7.540
21010	Fast foods, biscuit, with crispy chicken fillet	132.0	1.0 item	7.540
23297	Beef, Australian, imported, grass-fed, seam fat, raw	28.35	1.0 oz	7.537
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	7.522
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	7.517
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	7.506
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	212.0	1.0 breast, with skin	7.501
13317	Beef, ground, patties, frozen, cooked, broiled	85.0	3.0 oz	7.484
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	152.0	1.0 thigh, with skin	7.474
23313	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	7.451
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	7.449
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	7.448
17255	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	7.446
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	7.437
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	7.430
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	85.0	3.0 oz	7.429
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	7.429
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	7.429
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	7.414
01076	Milk substitutes, fluid, with lauric acid oil	244.0	1.0 cup	7.410
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	161.0	1.0 slice 1/4 of pie	7.408



NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	7.395
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	7.375
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	7.363
21090	Fast foods, cheeseburger; single, regular patty, with condiments	127.0	1.0 item	7.362
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	7.361
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	7.352
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	7.351
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	7.344
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	7.338
21328	McDONALD'S, Sausage McGRIDDLES	135.0	1.0 item	7.337
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	7.330
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	7.328
19136	Candies, HERSHEY'S SKOR Toffee Bar	39.0	1.0 bar 1.4 oz	7.324
13338	Beef, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	7.318
36040	CRACKER BARREL, macaroni n' cheese	175.0	1.0 serving	7.312
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	7.301
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	143.0	1.0 serving 5 servings per 24.2 oz package	7.269
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	7.266
19111	Candies, NESTLE, BABY RUTH Bar	60.0	1.0 serving 2.1 oz bar	7.260
19132	Candies, milk chocolate, with almonds	41.0	1.0 bar (1.45 oz)	7.257
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	7.252
07954	Beef sausage, pre-cooked	48.0	1.0 serving	7.247
21306	Fast foods, griddle cake sandwich, sausage	135.0	1.0 item	7.240
28309	Cookies, coconut macaroon	36.0	2.0 cookie 1 serving	7.236
04541	Oil, cupu assu	13.6	1.0 tablespoon	7.235
16619	MORNINGSTAR FARMS Tuscan Greens & Beans, frozen, unprepared	241.0	1.0 entree	7.230
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	7.211
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	145.0	1.0 slice 1/4 of pie	7.211
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	7.210
10805	USDA Commodity, pork, ground, fine/coarse, frozen, raw	113.0	1.0 oz crumbles	7.208
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	7.177
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	7.174

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	174.0	1.0 item 6.1 oz	7.171
19077	Baking chocolate, unsweetened, liquid	28.35	1.0 oz	7.170
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	7.167
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	7.166
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	7.166
28201	MOTHER'S, Holiday Circus Animal Cookies	29.0	6.0 cookies	7.163
28196	MOTHER'S, Circus Animal Cookies	29.0	6.0 cookies	7.163
28200	MOTHER'S, Halloween Circus Animals Cookies	29.0	6.0 cookies	7.163
28194	MOTHER'S, 4th of July Circus Animal Cookies	29.0	6.0 cookies	7.163
10105	Pork, fresh, variety meats and by-products, jowl, raw	28.35	1.0 oz	7.161
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	7.148
06166	Sauce, homemade, white, medium	250.0	1.0 cup	7.135
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	85.0	3.0 oz	7.123
19254	Candies, MARS SNACKFOOD US, DOVE Milk Chocolate	37.0	1.0 serving 1.30 oz bar	7.119
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	7.114
19255	Candies, MARS SNACKFOOD US, DOVE Dark Chocolate	37.0	1.0 serving 1.3 oz bar	7.107
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	7.103
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	140.0	1.0 cup	7.056
28204	MOTHER'S, Jungle Animal Cookies	29.0	6.0 cookies	7.047
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44.0	1.0 bar 1.55 oz	7.040
05708	Turkey, retail parts, breast, meat only, with added solution, raw	1171.0	1.0 breast	7.026
35142	Frybread, made with lard (Navajo)	152.0	1.0 piece	7.024
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	7.022
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	7.021
19238	Candies, REESE'S BITES	39.0	16.0 pieces	7.020
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	7.013
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	7.007
21063	Fast foods, burrito, with beans and beef	241.0	1.0 item	7.001
21364	McDONALD'S, Hotcakes and Sausage	192.0	1.0 item	7.000
32028	Turnover, filled with egg, meat and cheese, frozen	127.0	1.0 piece turnover 1 serving	7.000
01263	Ice cream, light, soft serve, chocolate	298.0	1.0 medium	7.000
28329	Cookies, chocolate, made with rice cereal	62.0	1.0 cookie	7.000
07978	Pork sausage, reduced sodium, cooked	85.0	3.0 oz	7.000

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
07916	Sausage, Polish, pork and beef, smoked	76.0	1.0 serving 2.67 oz	6.997
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	6.986
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	109.0	1.0 burrito	6.980
21340	McDONALD'S, Sausage Burrito	109.0	1.0 burrito	6.980
19152	Candies, ROLO Caramels in Milk Chocolate	48.0	1.0 package 1 package	6.980
01156	Cheese, goat, hard type	28.35	1.0 oz	6.977
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	58.0	1.0 serving 2.05 oz bar	6.969
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	6.966
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	196.0	6.0 inch sub	6.966
23304	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	6.960
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	6.953
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	6.953
07015	Brotwurst, pork, beef, link	70.0	1.0 link	6.951
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	6.943
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	6.943
19904	Chocolate, dark, 70-85% cacao solids	28.35	1.0 oz	6.943
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	6.940
36001	APPLEBEE'S, Double Crunch Shrimp	206.0	1.0 serving	6.934
21327	McDONALD'S, Bacon, Egg & Cheese McGRIDDLES	165.0	1.0 item 5.8 oz	6.932
32020	Chicken, thighs, frozen, breaded, reheated	133.0	1.0 thigh with bone and breading	6.925
19143	Candies, MR. GOODBAR Chocolate Bar	49.0	1.0 bar (1.75 oz)	6.924
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	6.920
21415	POPEYES, biscuit	60.0	1.0 biscuit	6.909
13340	Beef, variety meats and by-products, tongue, cooked, simmered	85.0	3.0 oz	6.906
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	6.902
21060	Fast foods, burrito, with beans	217.0	2.0 pieces	6.888
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	6.888
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	114.0	4.0 oz	6.881
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	6.863
43507	Frankfurter, low sodium	57.0	1.0 frankfurter	6.862
21234	McDONALD'S, QUARTER POUNDER	171.0	1.0 item	6.854
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	147.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	6.836
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	54.0	1.0 bar	6.835

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
17037	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	6.834
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	85.0	3.0 oz	6.834
21083	Fast foods, taco salad	198.0	1.5 cup	6.823
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	6.815
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	6.815
12206	Nuts, almonds, honey roasted, unblanched	144.0	1.0 cup whole kernels	6.811
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	6.808
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	115.0	1.0 serving	6.787
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	155.0	1.0 slice 1/4 of pie	6.784
17245	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	6.783
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	6.782
19236	Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES	39.0	17.0 pieces	6.782
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	6.766
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	6.763
17281	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	6.749
23311	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	6.736
12142	Nuts, pecans	109.0	1.0 cup, chopped	6.736
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	203.0	1.0 breast, with skin	6.731
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	6.719
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	6.717
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	6.710
04055	Oil, palm	13.6	1.0 tbsp	6.705
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	6.701
06982	Soup, ramen noodle, beef flavor, dry	82.0	1.0 package without flavor packet	6.690
21242	WENDY'S, Jr. Hamburger, with cheese	129.0	1.0 item	6.683
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	6.683
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	128.0	1.0 cup	6.680
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	6.680
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	6.680
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	6.676

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	6.674
06411	Soup, cheese, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	6.669
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	113.0	4.0 oz	6.662
16104	Bacon, meatless	144.0	1.0 cup	6.656
17221	Lamb, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	6.656
23305	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	6.654
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	6.647
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	6.640
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	6.635
21267	TACO BELL, BURRITO SUPREME with steak	248.0	1.0 item	6.632
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	6.630
07939	Frankfurter, pork	76.0	1.0 link	6.626
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	151.0	1.0 slice	6.623
12147	Nuts, pine nuts, dried	135.0	1.0 cup	6.614
07077	Smoked link sausage, pork and beef, nonfat dry milk added	68.0	1.0 link (4" long x 1-1/8" dia)	6.610
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	6.607
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	6.607
12665	Nuts, almonds, oil roasted, lightly salted	157.0	1.0 cup whole kernels	6.605
01237	Ice cream, bar or stick, chocolate covered	50.0	1.0 bar	6.601
17154	Veal, Australian, separable fat, raw	28.0	1.0 oz	6.598
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	6.594
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	6.587
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	6.587
01057	Eggnog	254.0	1.0 cup	6.581
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	6.577
06583	Soup, ramen noodle, any flavor, dry	81.0	1.0 package without flavor packet	6.575
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	6.573
28224	MURRAY, SUGAR FREE, Fudge Dipped Wafers	31.0	4.0 cookies	6.572
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	136.0	1.0 thigh with skin	6.572
42117	Imitation cheese, american or cheddar, low cholesterol	113.0	1.0 cup, shredded	6.571
23299	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 4/5, raw	28.35	1.0 oz	6.564
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	6.562
06983	Soup, ramen noodle, chicken flavor, dry	81.0	1.0 package without flavor packet	6.557
21157	SUBWAY, meatball marinara sub on white bread (no toppings)	209.0	6.0 inch sub	6.529

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
21158	Fast foods, submarine sandwich, meatball marinara on white bread	209.0	6.0 inch sub	6.529
19110	Candies, KRACKEL Chocolate Bar	41.0	1.0 bar 1.45 oz	6.527
05149	Goose, domesticated, meat only, cooked, roasted	143.0	1.0 unit (yield from 1 lb ready-to-cook goose)	6.521
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	6.516
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	6.511
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	6.506
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	6.503
21497	PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	119.0	1.0 slice	6.496
21142	Fast food, biscuit	55.0	1.0 biscuit	6.492
07972	Meatballs, frozen, Italian style	85.0	3.0 oz	6.483
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	6.479
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	6.477
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	85.0	3.0 oz	6.469
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	6.466
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245.0	1.0 cup (unprepared)	6.451
19005	Snacks, corn-based, extruded, cones, plain	28.35	1.0 oz	6.450
07078	Thuringer, cervelat, summer sausage, beef, pork	56.0	2.0 oz 1 serving	6.446
21404	McDONALD'S, Premium Grilled Chicken Club Sandwich	223.0	1.0 item 7.9 oz	6.445
42272	Snacks, granola bar, with coconut, chocolate coated	28.35	1.0 oz	6.441
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	6.433
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	28.35	1.0 oz	6.433
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	183.0	1.0 slice 1/4 of pie	6.431
21336	McDONALD'S, Hot Fudge Sundae	179.0	1.0 item (6.3 oz)	6.430
19367	Toppings, nuts in syrup	328.0	1.0 cup	6.429
36058	OLIVE GARDEN, chicken parmigiana without pasta	304.0	1.0 serving	6.424
23296	Beef, Australian, imported, grass-fed, external fat, raw	28.35	1.0 oz	6.421
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	6.418
21145	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Cheese Pizza, frozen	155.0	1.0 slice 1/8 per pizza	6.417
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	6.416
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	6.416
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	6.401
17244	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	6.401
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	6.400

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	6.388
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	6.384
23298	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 4/5, raw	28.35	1.0 oz	6.380
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	6.379
04001	Fat, beef tallow	12.8	1.0 tbsp	6.374
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	6.366
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	6.359
19134	Candies, milk chocolate, with rice cereal	40.0	1.0 bar (1.4 oz)	6.356
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	6.355
04536	Oil, sheanut	13.6	1.0 tablespoon	6.338
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	6.335
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	6.333
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	6.332
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	212.0	1.0 breast, with skin	6.320
16410	Soybeans, mature seeds, roasted, no salt added	172.0	1.0 cup	6.319
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	6.319
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	6.319
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	6.315
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	6.312
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	6.294
23301	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 9, raw	28.0	1.0 oz	6.291
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	48.0	1.0 package (1.69 oz)	6.278
23295	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	6.278
23300	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 9, raw	28.0	1.0 oz	6.271
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	6.259
19903	Chocolate, dark, 60-69% cacao solids	28.35	1.0 oz	6.246
19084	Candies, HERSHEY'S GOLDEN ALMOND SOLITAIRES	41.0	13.0 pieces	6.244
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	6.242
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	85.0	3.0 oz	6.240
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	6.236
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	6.231

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
21146	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Turkey Pepperoni Pizza, frozen	156.0	1.0 slice 1/8 per pizza	6.224
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	6.209
36031	DENNY'S, onion rings	166.0	1.0 serving	6.190
22996	KASHI Three Cheese Penne, frozen, unprepared	269.0	1.0 Entrée	6.187
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	142.0	1.0 crust, single 9"	6.187
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	6.180
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	6.174
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	6.174
43275	Cheese, pasteurized process, American, low fat	140.0	1.0 cup, diced	6.174
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	6.168
21496	PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	92.0	1.0 slice	6.162
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	6.161
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	6.157
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	6.142
21495	DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	129.0	1.0 slice	6.134
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	6.132
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	127.0	0.25 pizza 12" diameter	6.130
11656	Corn pudding, home prepared	250.0	1.0 cup	6.128
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	175.0	1.0 serving	6.127
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	6.115
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	6.112
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	6.109
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	127.0	1.0 slice	6.102
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	6.100
19243	Candies, HEATH BITES	39.0	15.0 pieces	6.092
16008	Beans, baked, canned, with franks	259.0	1.0 cup	6.092
04556	Shortening frying (heavy duty), palm (hydrogenated)	12.8	1.0 tbsp	6.080
19258	Candies, MARS SNACKFOOD US, MILKY WAY Caramels. dark chocolate covered	44.0	1.0 serving 5 pieces	6.078
17270	Veal, breast, separable fat, cooked	28.35	1.0 oz	6.069
21498	PIZZA HUT 14" Sausage Pizza, Pan Crust	125.0	1.0 slice	6.069
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	6.067
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	88.0	1.0 slice	6.061
28097	KEEBLER, FUDGE SHOPPE, Merry Mint Patties, Holiday	26.0	2.0 cookies	6.058



NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
04520	Fat, mutton tallow	12.8	1.0 tbsp	6.054
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	6.037
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	6.027
17291	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	6.027
31036	Potatoes, mashed, ready-to-eat	229.0	1.0 cup	6.027
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	6.025
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	6.021
15197	Fish, herring, Pacific, cooked, dry heat	144.0	1.0 fillet	6.011
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	85.0	1.0 serving	6.006
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	35.0	1.0 bar	6.000
19268	Candies, dark chocolate coated coffee beans	40.0	1.0 serving 28 pieces	6.000
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	127.0	1.0 serving 4.5 oz	5.999
23181	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5.997
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	5.994
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz ( 1serving )	5.984
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	5.980
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	123.0	1.0 slice	5.973
19359	Candies, MARS SNACKFOOD US, SNICKERS CRUNCHER	47.0	1.0 serving 1.66 oz bar	5.970
21492	DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	79.0	1.0 slice	5.970
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	85.0	3.0 oz	5.966
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	31.0	1.0 serving	5.961
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	5.960
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	115.0	1.0 sandwich	5.958
36023	APPLEBEE'S, chicken tenders platter	209.0	1.0 serving	5.954
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	5.950
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	110.0	1.0 slice	5.944
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	5.924
36034	Restaurant, family style, chicken tenders	201.0	1.0 serving	5.921
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5.919
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	537.0	1.0 serving	5.907
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	5.907
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	5.901
19407	Snacks, beef sticks, smoked	28.35	1.0 oz	5.897
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	5.890

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	5.887
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	5.886
36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	5.883
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	5.882
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	5.874
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	5.874
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	5.874
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	5.856
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	5.855
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	5.852
01157	Cheese, goat, semisoft type	28.35	1.0 oz	5.851
21419	KFC, biscuit	49.0	1.0 biscuit	5.839
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	116.0	1.0 slice	5.838
21266	TACO BELL, BURRITO SUPREME with chicken	248.0	1.0 item	5.833
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	5.817
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	5.814
28079	KEEBLER, FUDGE SHOPPE, Coconut Dreams Cookies	28.0	2.0 cookies	5.796
23508	USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw	85.0	1.0 serving	5.791
19256	Candies, MARS SNACKFOOD US, MILKY WAY Caramels, milk chocolate covered	44.0	1.0 serving 5 pieces	5.789
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	5.788
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	127.0	1.0 slice	5.784
36606	CRACKER BARREL, farm raised catfish platter	178.0	1.0 serving	5.783
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	5.782
17330	Game meat , bison, ground, raw	85.0	1.0 serving ( 3 oz )	5.782
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	5.775
42190	Pork sausage rice links, brown and serve, cooked	45.0	2.0 links 1 NLEA serving	5.771
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	5.765
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	153.0	1.0 slice	5.760
04550	Shortening frying (heavy duty), beef tallow and cottonseed	12.8	1.0 tbsp	5.747
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	5.738
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	50.0	1.0 serving 1.76 oz bar	5.737

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
04606	Meat drippings (lard, beef tallow, mutton tallow)	12.8	1.0 tablespoon	5.733
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	5.732
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	5.732
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	5.731
28222	MURRAY, SUGAR FREE, Fudge Dipped Grahams	30.0	4.0 cookies	5.730
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	5.720
83110	Fish, mackerel, salted	80.0	1.0 piece (5-1/2" x 1-1/2" x 1/2")	5.718
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	5.712
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	118.0	1.0 slice	5.710
19069	Candies, NESTLE, BUTTERFINGER Bar	60.0	1.0 serving 2.1 oz bar	5.700
28001	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Mixed Berry Granola	150.0	1.0 pizza	5.700
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	5.699
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	5.698
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	5.696
19081	Candies, sweet chocolate	28.35	1.0 oz	5.693
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	5.681
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	5.680
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	5.673
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	5.659
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	5.659
07942	Pate, truffle flavor	56.0	1.0 serving 2 oz	5.656
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	111.0	1.0 slice	5.652
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	5.647
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	5.647
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	5.647
36019	APPLEBEE'S, chili	136.0	1.0 cup	5.644
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	5.636
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	5.635
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	5.632
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	5.632
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	138.0	1.0 rack	5.629
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty ( yield from 112.7 g raw meat )	5.621
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	79.0	1.0 slice	5.621
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	5.617
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	5.614

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
28205	MOTHER'S, Macaroon Cookies	31.0	2.0 cookies	5.611
07241	OSCAR MAYER, Wieners (beef franks)	45.0	1.0 serving	5.607
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	5.606
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	5.596
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	56.0	2.0 oz 1 NLEA serving	5.593
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA	30.5	1.0 fl oz	5.583
18991	BARBARA DEE, Winter Mints Cookies	31.0	4.0 cookies	5.580
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	240.0	1.0 cup	5.578
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	5.571
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	5.568
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	135.0	1.0 thigh, with skin	5.566
07945	Frankfurter, beef, heated	48.0	1.0 frankfurter	5.565
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	5.564
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	5.558
28002	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Strawberry Granola	150.0	1.0 pizza	5.550
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	42.0	1.0 serving 1.5 oz	5.548
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	5.531
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	5.530
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	5.525
21493	DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	78.0	1.0 slice	5.522
01010	Cheese, cheshire	28.35	1.0 oz	5.521
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	5.521
28089	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Mini	40.0	1.0 package	5.520
05021	Chicken, broilers or fryers, giblets, cooked, fried	145.0	1.0 cup, chopped or diced	5.510
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	113.0	4.0 oz	5.493
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	5.493
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	54.0	1.0 serving 1 singles bag	5.491
07022	Frankfurter, beef, unheated	50.0	1.0 frankfurter	5.490
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	5.487
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	5.482
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	5.482
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	5.482
10005	Pork, fresh, belly, raw	28.35	1.0 oz	5.480

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
17371	Lamb, New Zealand, imported, ground lamb, raw	113.0	4.0 oz	5.478
19292	Candies, MARS SNACKFOOD US, M&M's Crispy Chocolate Candies	47.0	1.0 serving 1.6 oz bag	5.476
19118	Candies, NESTLE, OH HENRY! Bar	57.0	1.0 bar 2 oz	5.472
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	5.471
43283	Pheasant, cooked, total edible	140.0	1.0 cup, chopped or diced	5.471
01039	Cheese, roquefort	28.35	1.0 oz	5.461
36000	APPLEBEE'S, 9 oz house sirloin steak	157.0	1.0 serving	5.459
07911	Liverwurst spread	55.0	0.25 cup	5.459
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	43.0	1.0 bar	5.457
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	5.452
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	113.0	1.0 slice	5.450
19910	Candies, crispy bar with peanut butter filling	42.0	1.0 serving 1.5 oz	5.443
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	129.0	1.0 slice per 1/10 pizza	5.443
12061	Nuts, almonds	143.0	1.0 cup, whole	5.437
01021	Cheese, gjetost	28.35	1.0 oz	5.432
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5.429
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	86.0	1.0 rib without refuse (Yield from 1 cooked rib, with refuse, weighing 140g)	5.420
21259	BURGER KING, Original Chicken Sandwich	199.0	1.0 sandwich	5.419
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	5.414
22911	Chili, no beans, canned entree	240.0	1.0 cup	5.412
21601	School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	5.404
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	5.403
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	3.0 oz	5.403
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	5.401
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	113.0	1.0 slice	5.400
32023	KASHI Mushroom & Asparagus Risotto, frozen, unprepared	284.0	0.5 package	5.396
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	87.0	1.0 slice	5.396
17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	5.390
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	5.389
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	130.0	1.0 thigh with skin	5.388
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	28.35	1.0 oz	5.385

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	5.384
23507	USDA Commodity, beef, patties (100%), frozen, raw	85.0	3.0 oz	5.383
06165	Sauce, homemade, white, thin	250.0	1.0 cup	5.380
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	5.378
36631	OLIVE GARDEN, spaghetti with meat sauce	525.0	1.0 serving	5.376
36404	Restaurant, Latino, arroz con leche (rice pudding)	283.0	1.0 serving	5.374
28081	KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies	30.0	2.0 cookies	5.370
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	5.364
01023	Cheese, gruyere	28.35	1.0 oz	5.362
01090	Milk, dry, whole, with added vitamin D	32.0	0.25 cup	5.357
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	5.346
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	5.345
21491	PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	80.0	1.0 slice	5.339
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	3.0 oz	5.339
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	5.336
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	5.317
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	115.0	1.0 serving	5.314
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	5.313
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	5.306
28083	KEEBLER, FUDGE SHOPPE, Triple Fudge Filled Cookies	31.0	2.0 cookies	5.301
01004	Cheese, blue	28.35	1.0 oz	5.293
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	5.288
28035	GIRL SCOUTS, Thin Mints Cookies	32.0	4.0 cookies	5.280
28294	Cookie, chocolate, with icing or coating	32.0	4.0 cookies	5.280
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	5.279
21233	McDONALD'S, Cheeseburger	119.0	1.0 item 4 oz	5.278
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	5.272
28094	KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Vanilla	31.0	1.0 cookie	5.270
01008	Cheese, caraway	28.35	1.0 oz	5.269
35144	Stew, dumpling with mutton (Navajo)	308.0	1.0 serving	5.264
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	5.263
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	5.260

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
35146	Stew, mutton, corn, squash (Navajo)	303.0	1.0 serving	5.257
01089	Milk, low sodium, fluid	244.0	1.0 cup	5.256
21494	DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	114.0	1.0 slice	5.252
19902	Chocolate, dark, 45- 59% cacao solids	28.35	1.0 oz	5.250
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	5.245
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	115.0	1.0 slice	5.245
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	5.244
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	110.0	1.0 item	5.243
10942	Pork, fresh, composite of separable fat, with added solution, raw	28.35	1.0 oz	5.241
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	5.239
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	3.0 oz	5.235
43287	Dove, cooked (includes squab)	140.0	1.0 cup, chopped or diced	5.235
21603	School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	5.232
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5.231
36013	Restaurant, family style, sirloin steak	166.0	1.0 serving	5.217
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	5.214
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	5.212
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	5.202
21600	School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	130.0	1.0 piece 4"x6"	5.200
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	5.197
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	237.0	6.0 inch sub	5.195
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	60.0	1.0 serving 2.13 oz bar	5.188
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	5.187
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	100.0	1.0 slice	5.184
01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	5.177
21377	McDONALD'S Bacon Ranch Salad with Crispy Chicken	319.0	1.0 item 11.3 oz	5.174
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	85.0	3.0 oz	5.172
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57.0	1.0 bar (2 oz)	5.169
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	3.0 oz	5.164
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	5.163
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	3.0 oz	5.162
21120	Fast foods, hotdog, with corn flour coating (corndog)	175.0	1.0 sandwich	5.161
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	5.158
04544	Shortening, household, lard and vegetable oil	12.8	1.0 tablespoon	5.158

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	5.157
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	5.148
19279	Candies, milk chocolate coated coffee beans	28.35	1.0 oz	5.142
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	5.134
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	5.133
28032	GIRL SCOUTS, Samoas Cookies	29.0	2.0 cookies	5.133
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	5.130
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	3.0 oz	5.129
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	3.0 oz	5.125
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	5.119
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	5.119
19144	Candies, NESTLE, 100 GRAND Bar	43.0	1.0 bar (1.5 oz)	5.117
21118	Fast foods, hotdog, plain	98.0	1.0 sandwich	5.109
43276	Cheese spread, cream cheese base	28.35	1.0 oz	5.109
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	85.0	3.0 oz	5.103
21523	McDONALD'S, RANCH SNACK WRAP, Crispy	133.0	1.0 wrap	5.103
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	133.0	1.0 item	5.103
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	5.092
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	5.089
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	5.089
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	5.084
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	5.081
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	5.074
43297	Pork, oriental style, dehydrated	22.0	1.0 cup	5.072
28082	KEEBLER, FUDGE SHOPPE, Peanut Creme Filled Cookies	30.0	2.0 cookies	5.070
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	5.069
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	5.067
21527	ARBY'S, roast beef sandwich, classic	149.0	1.0 sandwich	5.065
21121	Fast foods, roast beef sandwich, plain	149.0	1.0 sandwich	5.065
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	96.0	1.0 slice	5.060
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	105.0	1.0 slice	5.060
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	5.058



NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	114.0	4.0 oz	5.058
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	5.058
14558	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	266.0	1.0 serving	5.051
06248	Soup, oyster stew, canned, prepared with equal volume milk	245.0	1.0 cup (8 fl oz)	5.047
28100	KEEBLER, FUDGE SHOPPE, Fudge Sticks, Peanut Butter	29.0	3.0 cookies	5.046
01074	Sour cream, imitation, cultured	28.35	1.0 oz	5.044
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	5.038
28350	Cookies, chocolate cream covered biscuit sticks	40.0	1.0 serving	5.034
17231	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	5.032
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	5.032
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	112.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 172g)	5.024
21033	Fast foods, sundae, hot fudge	158.0	1.0 sundae	5.023
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	5.022
28044	KEEBLER, ANIMALS, Frosted Cookies	31.0	8.0 cookies 1 serving	5.022
28291	Cookies, animal, with frosting or icing	31.0	8.0 cookies 1 serving	5.022
04002	Lard	12.8	1.0 tbsp	5.018
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	5.015
13332	Beef, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	5.015
36027	DENNY'S, chicken strips	194.0	1.0 serving	5.015
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5.012
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	5.011
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	76.0	1.0 drumstick, with skin	5.009
17155	Veal, Australian, rib, rib roast, separable lean and fat, raw	85.0	3.0 oz	5.003
32019	Lasagna, cheese, frozen, unprepared	237.0	1.0 cup 1 serving	5.001
19119	Candies, NESTLE, CHUNKY Bar	40.0	1.0 serving 1.4 oz bar	5.000
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	5.000
28311	Cookies, sugar wafer, chocolate-covered	29.0	3.0 cookie	5.000
14171	Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2	240.0	1.0 cup	4.999
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	4.998
01022	Cheese, gouda	28.35	1.0 oz	4.994
23506	USDA Commodity, beef patties with VPP, frozen, raw	85.0	1.0 serving	4.991
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	138.0	1.0 fillet	4.990

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	4.990
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	653.0	1.0 serving	4.982
01018	Cheese, edam	28.35	1.0 oz	4.982
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	35.0	1.0 bar (1.25 oz)	4.977
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	56.0	2.0 oz 1 NLEA serving	4.969
43405	Cheese, swiss, low sodium	28.0	1.0 slice	4.968
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	4.967
14316	Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	4.963
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	114.0	4.0 oz	4.960
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	96.0	1.0 slice	4.955
19149	Candies, NESTLE, RAISINETS Chocolate Covered Raisins	45.0	1.0 serving 1.58 oz bag	4.950
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	4.948
01006	Cheese, brie	28.35	1.0 oz	4.936
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	4.935
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	4.934
16005	Beans, baked, home prepared	253.0	1.0 cup	4.928
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	4.928
20060	Rice bran, crude	118.0	1.0 cup	4.922
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	4.922
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	4.921
05161	Squab, (pigeon), meat only, raw	251.0	1.0 unit (yield from 1 lb ready-to-cook squab)	4.920
13357	Beef, cured, sausage, cooked, smoked	43.0	1.0 sausage	4.919
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	112.0	1.0 slice	4.917
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	4.916
28223	MURRAY, SUGAR FREE, Fudge Dipped Mint Cookies	26.0	4.0 cookies	4.914
21130	Fast foods, onion rings, breaded and fried	117.0	1.0 package (18 onion rings)	4.907
28086	KEEBLER, FUDGE SHOPPE, Fudge Sticks	29.0	3.0 cookies	4.901
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	4.900
09038	Avocados, raw, California	230.0	1.0 cup, pureed	4.890
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	253.0	1.0 cup (8 fl oz)	4.883
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	4.880
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	4.879

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	4.876
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	4.867
28095	KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Peanut Butter	31.0	1.0 cookie	4.867
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	113.0	4.0 oz	4.865
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	4.862
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	4.862
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	115.0	1.0 slice	4.860
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	4.858
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	4.858
21119	Fast foods, hotdog, with chili	114.0	1.0 sandwich	4.854
05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	4.854
01038	Cheese, romano	28.35	1.0 oz	4.852
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	4.851
14310	Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	4.850
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	4.842
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	4.838
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	4.838
42139	Granola bar, soft, milk chocolate coated, peanut butter	28.35	1.0 oz	4.838
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	4.836
36024	CRACKER BARREL, chicken tenderloin platter, fried	175.0	1.0 serving	4.835
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	4.832
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	4.828
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	4.822
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	79.0	1.0 slice	4.821
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	4.820
04601	Butter, light, stick, with salt	14.0	1.0 tablespoon	4.805
04602	Butter, light, stick, without salt	14.0	1.0 tablespoon	4.805
06630	Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	60.0	0.25 cup	4.804
28033	GIRL SCOUTS, Tagalongs Cookies	25.0	2.0 cookies	4.800
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	4.800
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	118.0	1.0 slice	4.793

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
19239	Candies, REESE'S NUTRAGEOUS Candy Bar	54.0	1.0 bar 1.92 oz	4.784
36007	T.G.I. FRIDAY'S, french fries	184.0	1.0 serving	4.784
36416	Restaurant, Latino, bunuelos (fried yeast bread)	70.0	1.0 piece	4.784
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	4.783
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	4.778
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	4.775
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	4.768
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	4.765
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	4.763
18959	Pastry, Pastelitos de Guava (guava pastries)	86.0	1.0 piece	4.760
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	4.760
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	69.0	1.0 slice	4.758
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	4.758
28093	KEEBLER, FUDGE SHOPPE, Grasshopper Cookies, Fudge Mint	29.0	4.0 cookies	4.756
01041	Cheese, tilsit	28.35	1.0 oz	4.756
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	4.748
14182	Beverages, chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	4.740
17311	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	4.736
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	4.731
21407	McDONALD'S, Premium Crispy Chicken Ranch BLT Sandwich	240.0	1.0 item 8.5 oz	4.730
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	4.730
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	76.0	1.0 slice	4.730
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	4.729
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	85.0	1.0 serving	4.726
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	4.725
07002	Beerwurst, beer salami, pork and beef	56.0	2.0 oz	4.725
22928	Burrito, beef and bean, microwaved	116.0	1.0 burrito cooked	4.724
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	4.721
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	4.721
19105	Candies, NESTLE, GOOBERS Chocolate Covered Peanuts	39.0	1.0 package 1.375 oz	4.719
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	4.709
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	4.699
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	4.698

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	85.0	3.0 oz	4.698
36607	CRACKER BARREL, steak fries	198.0	1.0 serving	4.691
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	4.689
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	4.672
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	4.667
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	4.666
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	4.661
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	85.0	3.0 oz	4.658
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	4.656
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	85.0	3.0 oz	4.655
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	4.653
01033	Cheese, parmesan, hard	28.35	1.0 oz	4.652
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	4.652
28080	KEEBLER, FUDGE SHOPPE, Deluxe Grahams Cookies	27.0	3.0 pieces	4.644
18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	4.644
21604	School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked	133.0	1.0 piece 4" x 6"	4.639
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	4.638
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	4.627
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	4.626
43379	Cheese, pasteurized process, swiss, low fat	140.0	1.0 cup, diced	4.624
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	4.620
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	4.617
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	4.613
19252	Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats	56.0	2.0 oz bar	4.609
28286	Bread, paratha, whole wheat, commercially prepared, frozen	79.0	1.0 piece	4.603
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	4.601
17112	Veal, rib, separable lean and fat, cooked, roasted	85.0	3.0 oz	4.599
36608	CRACKER BARREL, grilled sirloin steak	151.0	1.0 steak	4.598
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	85.0	3.0 oz	4.594
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	4.589
28092	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Original	31.0	3.0 cookies	4.588
28088	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Holiday/Spiderman	31.0	3.0 cookies	4.588
28293	Cookie, butter or sugar, with chocolate icing or filling	31.0	3.0 cookies	4.588

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	4.588
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	4.573
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	57.0	1.0 wing, with skin	4.572
04549	Shortening industrial, lard and vegetable oil	12.8	1.0 tbsp	4.570
36605	CRACKER BARREL, country fried shrimp platter	149.0	1.0 serving	4.565
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	4.564
28091	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Oatmeal	31.0	3.0 cookies	4.557
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	256.0	1.0 cup (8 fl oz)	4.554
20086	Wheat flour, white, tortilla mix, enriched	111.0	1.0 cup	4.551
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	4.551
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	4.551
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	4.548
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	4.547
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	4.547
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	4.547
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	4.547
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	4.537
13047	Beef, grass-fed, ground, raw	85.0	1.0 serving	4.535
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	4.531
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	117.0	1.0 slice	4.529
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	4.526
21357	McDONALD'S, Egg McMUFFIN	126.0	1.0 sandwich	4.526
17307	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	4.522
21500	KASHI Pizza, Mushroom Trio & Spinach, frozen, unprepared	113.0	0.33 pizza	4.520
21032	Fast foods, sundae, caramel	155.0	1.0 sundae	4.510
09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	4.508
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	4.502
22952	SWANSON, Chicken and Dumplings	247.0	1.0 cup (1 serving)	4.500
19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	56.0	1.0 serving 1 bar	4.500
28087	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate	31.0	3.0 cookies	4.495
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	4.492
21335	McDONALD'S, Hot Caramel Sundae	182.0	1.0 item (6.4 oz)	4.492

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
06627	Sauce, pesto, ready-to-serve, shelf stable	61.0	0.25 cup	4.491
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	4.488
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	104.0	1.0 slice	4.487
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	4.481
07921	Bacon and beef sticks	28.0	1.0 oz	4.480
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	4.471
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	4.471
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	4.469
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	28.35	1.0 oz	4.468
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	4.466
16007	Beans, baked, canned, with beef	266.0	1.0 cup	4.461
35147	Tamales (Navajo)	186.0	1.0 piece	4.457
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	4.455
06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	63.0	0.25 cup	4.454
06626	Sauce, pesto, ready-to-serve, refrigerated	63.0	0.25 cup	4.454
19075	Candies, CARAMELLO Candy Bar	35.0	1.0 bar 1.25 oz	4.452
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	4.446
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	4.443
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	40.0	1.0 donut	4.442
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	70.0	1.0 slice	4.442
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	4.440
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	108.0	1.0 slice	4.439
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	4.438
19315	Candies, MARS SNACKFOOD US, STARBURST Sour Fruit Chews	59.0	1.0 serving 2.07 oz pack	4.437
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	113.0	4.0 oz	4.427
07930	Yachtwurst, with pistachio nuts, cooked	56.0	1.0 serving 2 oz	4.424
18524	ARCHWAY Home Style Cookies, Coconut Macaroon	22.0	1.0 serving	4.422
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	4.422
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	85.0	3.0 oz	4.419
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	101.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	4.414
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	4.412
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	4.412
22902	Pizza, meat topping, thick crust, frozen, cooked	103.0	1.0 slice 1/8 of 12" pizza	4.411

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
16603	MORNINGSTAR FARMS Breakfast Biscuit Sausage, Egg & Cheese, frozen, unprepared	105.0	1.0 biscuit	4.410
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	4.409
07915	Sausage, Polish, beef with chicken, hot	55.0	1.0 serving 5 pieces	4.406
17135	Veal, sirloin, separable lean and fat, cooked, braised	85.0	3.0 oz	4.403
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	4.403
01047	Cheese food, pasteurized process, swiss	28.35	1.0 oz	4.391
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	4.386
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	4.383
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	4.368
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	140.0	1.0 cup	4.368
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	4.366
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	4.364
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	4.358
09446	Plantains, green, fried	118.0	1.0 cup	4.354
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	4.354
01045	Cheese food, cold pack, American	28.35	1.0 oz	4.353
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	113.0	4.0 oz	4.347
11392	Potatoes, hash brown, frozen, with butter sauce, unprepared	170.0	1.0 package (6 oz)	4.345
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	4.344
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	4.344
05124	Chicken, stewing, meat and skin, cooked, stewed	85.0	3.0 oz	4.344
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	4.344
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	4.342
17142	Veal, ground, raw	85.0	3.0 oz	4.342
05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	4.340
19157	Candies, MARS SNACKFOOD US, M&M's MINIs Milk Chocolate Candies	30.0	1.0 serving 1.0 oz tube	4.340
32022	KASHI Three Cheese Ravioli with Mediterranean Tomato Sauce, frozen, unprepared	241.0	0.5 package	4.338
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	4.331
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	4.328
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	135.0	1.0 fillet	4.327
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	4.326
01007	Cheese, camembert	28.35	1.0 oz	4.326



NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
01188	KRAFT CHEEZ WHIZ Pasteurized Process Cheese Sauce	33.0	2.0 tbsp	4.323
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	102.0	1.0 slice	4.322
21515	MORNINGSTAR FARMS Pizza, Baja Black Bean, single serve, frozen, unprepared	160.0	1.0 pizza	4.320
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	4.317
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	176.0	1.0 serving	4.314
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	78.0	1.0 bar	4.312
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	4.311
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	113.0	4.0 oz	4.311
18995	KELLOGG'S, EGGO, Biscuit Scramblers, Bacon, Egg & Cheese	105.0	1.0 bscuit	4.305
22994	KASHI Spinach Artichoke Pasta, frozen, unprepared	269.0	1.0 entree	4.304
36029	DENNY'S, fish fillet, battered or breaded, fried	201.0	1.0 serving	4.299
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	4.298
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	4.298
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	85.0	3.0 oz	4.298
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	4.298
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	4.297
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	4.292
21105	Fast foods, fish sandwich, with tartar sauce	220.0	1.0 sandwich	4.288
21258	BURGER KING, Premium Fish Sandwich	220.0	1.0 sandwich	4.288
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	4.286
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	111.0	1.0 ear (yield after cooking)	4.285
05144	Duck, wild, meat and skin, raw	85.0	3.0 oz	4.284
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	4.284
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	4.283
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	4.279
21263	TACO BELL, Soft Taco with steak	127.0	1.0 item	4.279
28053	KEEBLER, CHIPS DELUXE, Chocolate Malt Chunk Cookies	31.0	2.0 cookies	4.278
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	4.276
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	4.272
21061	Fast foods, burrito, with beans and cheese	185.0	1.0 each burrito	4.272
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	4.270
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	4.268
19302	Candies, MARS SNACKFOOD US, SNICKERS Almond bar	50.0	1.0 serving 1.76 oz bar	4.267

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	4.267
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	4.264
17213	Veal, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	4.258
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	4.253
23501	USDA Commodity, beef patties with VPP, frozen, cooked	68.0	1.0 patty	4.252
04574	Fat, duck	12.8	1.0 tbsp	4.250
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	4.248
22983	KASHI, Chicken Florentine, Frozen Entree	283.0	1.0 package	4.245
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	4.242
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	4.240
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	4.238
21486	Fast foods, taco with beef, cheese and lettuce, soft	102.0	1.0 each taco	4.238
06006	Soup, bean with frankfurters, canned, condensed	263.0	1.0 cup (8 fl oz)	4.234
36014	Restaurant, family style, french fries	170.0	1.0 serving	4.231
28054	KEEBLER, CHIPS DELUXE, Coconut Cookies	30.0	2.0 cookies	4.230
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	4.230
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	4.228
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	4.223
16114	Tempeh	166.0	1.0 cup	4.215
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	4.210
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	85.0	3.0 oz	4.208
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	4.208
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	4.208
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	114.0	4.0 oz	4.205
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	114.0	4.0 oz	4.201
06725	Soup, chicken corn chowder, chunky, ready-to-serve, single brand	240.0	1.0 serving	4.200
18996	KELLOGG'S, EGGO, Biscuit Scramblers, Egg & Cheese	105.0	1.0 bscuit	4.200
05049	Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	72.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	4.198
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	4.194
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	4.194
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	4.193
16135	Winged beans, mature seeds, raw	182.0	1.0 cup	4.191
36610	DENNY'S, french fries	165.0	1.0 serving	4.181

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	62.0	0.25 cup	4.165
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	4.165
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	85.0	3.0 oz	4.165
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	4.162
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	4.161
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	4.159
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	4.159
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	85.0	3.0 oz	4.156
05133	Chicken, capons, meat and skin and giblets and neck, raw	85.0	3.0 oz	4.156
04591	Fish oil, menhaden	13.6	1.0 tbsp	4.138
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	4.137
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	123.0	1.0 item	4.136
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	123.0	1.0 wrap	4.136
01159	Cheese, goat, soft type	28.35	1.0 oz	4.132
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	4.131
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	110.0	1.0 item	4.131
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	4.130
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	4.126
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	4.125
19022	Snacks, granola bars, soft, uncoated, raisin	43.0	1.0 bar (1.5 oz)	4.115
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter	4.108
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	4.106
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	4.106
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	4.100
23307	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean only, raw	114.0	4.0 oz	4.099
22917	Burrito, beef and bean, frozen	139.0	1.0 burrito frozen	4.099
28197	MOTHER'S, Coconut Cocadas Cookies	32.0	5.0 cookies	4.096
28059	KEEBLER, CHIPS DELUXE, Peanut Butter Cups Cookies	32.0	2.0 cookies	4.096
28267	KEEBLER, SANDIES, Simply Shortbread Cookies	31.0	2.0 cookies	4.092
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless (yield from 189g raw meat)	4.088
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	90.0	1.0 slice	4.087
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	201.0	6.0 inch sub	4.084

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
21159	SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato	201.0	6.0 inch sub	4.084
05019	Chicken, broilers or fryers, skin only, cooked, stewed	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	4.083
16617	MORNINGSTAR FARMS Spicy Black Bean Enchilada Entree, frozen, unprepared	255.0	1.0 entree	4.080
07019	Chorizo, pork and beef	28.35	1.0 oz	4.077
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	85.0	3.0 oz	4.077
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	4.075
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	4.074
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	4.070
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	80.0	1.0 rib without refuse (yield from 1 cooked rib, with refuse, weighing 141g)	4.069
06978	Soup, beef and mushroom, low sodium, chunk style	251.0	1.0 cup	4.069
19308	Candies, MARS SNACKFOOD US, POP'ABLES 3 MUSKETEERS Brand Bite Size Candies	41.0	1.0 serving 15 pieces	4.068
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	4.067
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	95.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	4.066
04594	Fish oil, sardine	13.6	1.0 tbsp	4.065
28078	KEEBLER, FUDGE SHOPPE, Mint Creme Middles, Chocolate Graham Cookies	26.0	3.0 cookies	4.056
21241	WENDY'S, Jr. Hamburger, without cheese	117.0	1.0 item	4.055
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	4.051
42187	Frozen yogurts, flavors other than chocolate	174.0	1.0 cup	4.047
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	4.046
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	4.046
06246	Soup, cream of onion, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	4.042
36018	APPLEBEE'S, fish, hand battered	250.0	1.0 serving	4.032
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	4.032
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	4.032
01191	KRAFT VELVEETA Pasteurized Process Cheese Spread	28.0	1.0 oz	4.032
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	85.0	3.0 oz	4.032
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	4.032
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	4.026
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	4.020
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	4.020
06249	Soup, pea, green, canned, prepared with equal volume milk	254.0	1.0 cup (8 fl oz)	4.013
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	4.013

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
07922	Bratwurst, beef and pork, smoked	66.0	1.0 serving 2.33 oz	4.013
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	245.0	1.0 cup	4.008
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	4.005
23503	USDA Commodity, beef, patties (100%), frozen, cooked	64.0	1.0 patty	4.001
06392	CAMPBELL'S CHUNKY Soups, Chicken Broccoli Cheese & Potato Soup	245.0	1.0 cup	4.001
06433	CAMPBELL'S CHUNKY Soups, Old Fashioned Potato Ham Chowder	245.0	1.0 cup	4.001
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	179.0	1.0 steak	4.001
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	3.998
18378	Cookies, chocolate chip, prepared from recipe, made with butter	28.35	1.0 oz	3.989
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	3.986
21102	Fast foods, chicken fillet sandwich, plain with pickles	187.0	1.0 sandwich	3.970
21526	CHICK-FIL-A, chicken sandwich	187.0	1.0 sandwich	3.970
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	3.970
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	3.966
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	114.0	4.0 oz	3.964
22985	KASHI, Lemongrass Coconut Chicken, Frozen Entree	283.0	1.0 package	3.962
15069	Fish, pompano, florida, cooked, dry heat	88.0	1.0 fillet	3.959
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	3.958
21501	KASHI Pizza, Margherita, frozen, unprepared	113.0	0.33 pizza	3.955
42186	Frozen yogurts, chocolate	174.0	1.0 cup	3.953
22963	Lean Pockets, Meatballs & Mozzarella	128.0	1.0 each	3.951
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	3.948
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	3.948
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	3.945
19899	Ice creams, regular, low carbohydrate, chocolate	58.0	1.0 individual (3.5 fl oz)	3.944
19270	Ice creams, chocolate	58.0	1.0 individual (3.5 fl oz)	3.944
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	3.944
06210	Soup, cream of celery, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	3.943
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	3.943
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	3.938
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	3.936
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	3.934
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	3.934
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3.932

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
21505	Pizza, cheese topping, thin crust, frozen, cooked	69.0	1.0 slice	3.932
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	85.0	3.0 oz	3.927
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	3.926
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	3.919
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	3.918
28209	MOTHER'S, Taffy Sandwich Cookies	38.0	2.0 cookies	3.914
28132	KEEBLER, Toasted Coconut Cookies	38.0	2.0 cookies	3.914
19142	Candies, MOUNDS Candy Bar	19.0	1.0 bar snack size	3.910
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	3.910
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	3.910
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3.900
04595	Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)	12.8	1.0 tbsp	3.894
06728	Soup, potato ham chowder, chunky, ready-to-serve, single brand	240.0	1.0 serving	3.888
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	3.886
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	3.884
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3.883
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	115.0	1.0 serving	3.877
32030	KASHI Italian Vegetable Medley Pasta, frozen, unprepared	298.0	0.5 package	3.874
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	3.868
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	3.868
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3.868
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	3.867
13166	USDA Commodity, beef, canned	45.0	1.0 serving	3.866
04664	Oil, industrial, soy (partially hydrogenated ), palm, principal uses icings and fillings	13.6	1.0 tbsp	3.865
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	3.864
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	3.863
19306	Candies, MARS SNACKFOOD US, POP'ABLES SNICKERS Brand Bite Size Candies	39.0	1.0 serving 13 pieces	3.857
05128	Chicken, stewing, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	3.857
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	3.855
11295	Onion rings, breaded, par fried, frozen, unprepared	85.0	6.0 rings	3.854
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	3.854
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	33.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3.851

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	3.849
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	85.0	3.0 oz	3.845
21503	KASHI Pizza, Mediterranean, frozen, unprepared	120.0	0.33 pizza	3.840
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	3.833
17301	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	3.832
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	85.0	3.0 oz	3.831
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	3.830
21499	KASHI Pizza, Roasted Vegetable, frozen, unprepared	116.0	0.33 pizza	3.828
36002	APPLEBEE'S, french fries	164.0	1.0 serving	3.826
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	3.825
43447	Snacks, corn-based, extruded, chips, unsalted	88.0	1.0 cup, crushed	3.823
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	3.823
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	114.0	4.0 oz	3.820
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	3.819
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	3.818
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	3.817
21509	BURGER KING, Onion Rings	91.0	1.0 small	3.817
04542	Fat, chicken	12.8	1.0 tbsp	3.814
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	3.814
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	185.0	6.0 fl oz	3.813
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	3.807
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	3.807
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	3.804
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty ( yield from 104.1 g raw meat )	3.802
21232	McDONALD'S, FILET-O-FISH	134.0	1.0 sandwich	3.796
21106	Fast foods, fish sandwich, with tartar sauce and cheese	134.0	1.0 sandwich	3.796
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	3.794
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	150.0	1.0 steak	3.790
06930	Sauce, cheese, ready-to-serve	63.0	0.25 cup	3.786
21250	BURGER KING, Hamburger	99.0	1.0 sandwich	3.783
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	3.782
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	3.782
10898	Pork, pickled pork hocks	117.0	3.0 oz	3.780

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	3.780
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	3.777
06253	Soup, cream of potato, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	3.770
21376	McDONALD'S, Bacon Ranch Salad with Grilled Chicken	305.0	1.0 item 10.8 oz	3.767
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	14.0	1.0 tablespoon	3.767
04575	Fat, turkey	12.8	1.0 tbsp	3.763
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	3.760
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	67.0	1.0 serving 4 pieces in serving	3.756
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	3.755
07949	Frankfurter, meat, heated	52.0	1.0 serving (1 hot dog)	3.754
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	3.751
05109	Chicken, roasting, meat and skin and giblets and neck, raw	85.0	3.0 oz	3.749
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	3.749
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	3.748
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	3.746
28052	KEEBLER, CHIPS DELUXE, Chocolate Lovers Cookies	32.0	2.0 cookies	3.744
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	89.0	1.0 slice	3.743
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	152.0	1.0 sandwich	3.741
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	3.739
21034	Fast foods, sundae, strawberry	153.0	1.0 sundae	3.739
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	3.731
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	3.724
19098	Candies, 5TH AVENUE Candy Bar	56.0	1.0 bar 2 oz	3.724
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	3.723
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	230.0	1.0 item	3.721
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	85.0	3.0 oz	3.721
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	113.0	4.0 oz	3.720
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	3.0 oz	3.719
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	3.715
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3.714
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	3.713
17424	Veal, ground, cooked, pan-fried	85.0	3.0 oz	3.713
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	3.713



NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	3.711
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	3.707
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	3.706
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3.705
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	3.705
17223	Veal, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	3.697
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	3.696
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	146.0	1.0 chop	3.694
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	3.693
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	3.692
04587	Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed	12.8	1.0 tbsp	3.692
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	85.0	3.0 oz	3.692
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	3.689
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	3.688
05157	Quail, meat and skin, raw	109.0	1.0 quail	3.684
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	3.681
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	3.680
28075	KEEBLER, E.L. FUDGE, Double Stuffed Cookies	35.0	2.0 cookies	3.675
15047	Fish, mackerel, Atlantic, cooked, dry heat	88.0	1.0 fillet	3.675
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	3.675
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	3.669
07926	Salami, Italian, pork	28.0	1.0 oz	3.668
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	3.668
28076	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Dark Chocolate	26.0	3.0 cookies	3.666
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	116.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3.666
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3.665
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	3.664
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	3.663
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	3.658
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	3.655
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	85.0	3.0 oz	3.655
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	3.654

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	3.650
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	3.649
07912	Roast beef spread	57.0	1.0 serving .25 cup	3.648
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	3.648
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	3.647
28357	GLUTINO, Gluten Free Cookies, Vanilla Creme	45.0	3.0 cookies	3.642
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	3.642
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	519.0	1.0 can	3.638
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	3.638
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	50.0	1.0 bar (1.76 oz)	3.634
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	3.629
21147	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Cheese Pizza 50/50 Cheese, frozen	130.0	1.0 piece 4" x 6"	3.627
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	3.626
01031	Cheese, neufchatel	28.35	1.0 oz	3.626
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	3.615
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	3.610
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	85.0	3.0 oz	3.604
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	3.604
07201	OSCAR MAYER, Bologna (beef)	28.0	1.0 serving (1 slice)	3.598
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	140.0	0.5 cup	3.598
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	198.0	1.0 cup	3.596
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	3.596
19917	Candies, M&M MARS Pretzel Chocolate Candies	40.0	0.25 cup	3.594
05236	Turkey, young hen, skin only, cooked, roasted	31.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	3.593
10158	USDA Commodity, pork, canned	85.0	3.0 oz	3.591
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	3.589
28077	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Original Graham Cookies	26.0	3.0 cookies	3.588
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	3.587
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	3.586
18612	MCKEE BAKING, LITTLE DEBBIE NUTTY BARS, Wafers with Peanut Butter, Chocolate Covered	57.0	1.0 serving	3.585
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	3.578
21334	McDONALD'S, Strawberry Sundae	178.0	1.0 item (6.3 oz)	3.574
22970	Macaroni and cheese, frozen entree	137.0	1.0 cup	3.573
11414	Potato salad, home-prepared	250.0	1.0 cup	3.572

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
42136	Cream substitute, powdered, light	94.0	1.0 cup	3.572
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	3.570
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	3.570
21148	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Pepperoni Pizza 50/50 Cheese, frozen	127.0	1.0 piece 4"x6"	3.569
21602	School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	127.0	1.0 piece 4"x6"	3.569
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	3.563
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	3.0 oz	3.561
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3.558
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	3.553
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	3.547
19016	Snacks, granola bars, hard, almond	28.35	1.0 oz	3.547
04576	Fat, goose	12.8	1.0 tbsp	3.546
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	114.0	4.0 oz	3.543
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	137.0	0.167 package (5.5 oz) yields	3.543
17338	Game meat, elk, ground, raw	102.0	1.0 patty ( yield from 102.2 g raw meat )	3.538
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	3.538
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	85.0	3.0 oz	3.536
19295	Candies, MARS SNACKFOOD US, SNICKERS MUNCH bar	40.0	1.0 serving 1.42 oz bar	3.528
10001	Pork, fresh, carcass, separable lean and fat, raw	28.35	1.0 oz	3.527
22972	Pulled pork in barbecue sauce	249.0	1.0 cup	3.526
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	113.0	4.0 oz	3.526
04502	Oil, cottonseed, salad or cooking	13.6	1.0 tablespoon	3.522
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	13.6	1.0 tbsp	3.520
28055	KEEBLER, CHIPS DELUXE, Dark Chocolate Chunk Cookies	32.0	2.0 cookies	3.520
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	3.519
28359	GLUTINO, Gluten Free Wafers, Milk Chocolate	23.0	3.0 cookies	3.519
28333	Cookies, gluten-free, chocolate wafer	23.0	3.0 cookies	3.519
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	48.0	1.0 slice	3.517
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3.512
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	3.508
28123	KEEBLER, 100 Calorie RIGHT BITES, White Fudge Dipped Pretzels	21.0	1.0 pouch	3.507
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	3.505
06437	CAMPBELL'S CHUNKY Soups, Roadhouse - Beef & Bean Chili	245.0	1.0 cup	3.501

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
06398	CAMPBELL'S CHUNKY Soups, Firehouse - Hot & Spicy Beef & Bean Chili	245.0	1.0 cup	3.501
22939	SPAGHETTIOS, SpaghettiOs RavioliOs Beef Ravioli in Meat Sauce	252.0	1.0 cup (1 serving)	3.500
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	3.500
32027	Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	3.500
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	3.500
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	3.499
19153	Candies, NESTLE, AFTER EIGHT Mints	42.0	1.0 serving 5 mints	3.499
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	3.499
22951	SWANSON, Chicken A La King	298.0	1.0 can (1 serving)	3.499
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	107.0	1.0 chop	3.497
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	3.496
21516	KASHI Pizza, Mushroom and Spinach, single serve, frozen, unprepared	152.0	1.0 pizza	3.496
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	37.0	1.0 serving 1.31 oz bag	3.491
07934	Kielbasa, Polish, turkey and beef, smoked	56.0	1.0 serving 2 oz	3.489
15208	Fish, sablefish, cooked, dry heat	85.0	3.0 oz	3.484
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	12.8	1.0 tbsp	3.482
28356	GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme	44.0	3.0 cookies	3.478
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	44.0	3.0 cookies	3.478
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	3.476
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	3.468
19307	Candies, MARS SNACKFOOD US, POP'ABLES MILKY WAY Brand Bite Size Candies	39.0	1.0 serving 13 pieces	3.467
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	3.460
21108	Fast foods, hamburger; single, regular patty; with condiments	97.0	1.0 sandwich	3.460
17182	Game meat, raccoon, cooked, roasted	85.0	3.0 oz	3.460
21347	MCDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing	59.0	2.0 fl oz	3.457
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3.456
19326	Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Bar	22.0	1.0 serving 0.78 oz bar	3.455
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	3.454
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	3.451
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	3.444
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	3.443
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	3.441
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	113.0	4.0 oz	3.440

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	114.0	4.0 oz	3.439
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	3.439
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	3.438
36625	Restaurant, Chinese, vegetable lo mein, without meat	741.0	1.0 order	3.438
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	3.437
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	3.434
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	85.0	3.0 oz	3.433
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	3.431
10184	Pork, cured, ham, extra lean and regular, canned, unheated	140.0	1.0 cup	3.430
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	3.430
21513	KASHI Pizza, Greek Tzatziki, single serve, frozen, unprepared	149.0	1.0 pizza	3.427
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	3.426
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	96.0	6.0 pieces	3.423
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	3.422
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	3.422
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3.412
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	3.405
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	3.402
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	3.402
21311	McDONALD'S, Creamy Ranch Sauce	43.0	1.5 oz	3.394
06483	Soup, cream of chicken, dry, mix, prepared with water	261.0	1.0 cup 8 fl oz	3.393
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	3.386
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	3.384
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	3.379
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	3.378
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	3.376
11844	Potatoes, scalloped, home-prepared with margarine	245.0	1.0 cup	3.374
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	3.366
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	3.366
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	85.0	3.0 oz	3.366
04652	Oil, industrial, soy ( partially hydrogenated), all purpose	13.6	1.0 tbsp	3.366
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	461.0	1.0 serving	3.361
21378	McDONALD'S, Bacon Ranch Salad without chicken	223.0	1.0 item 7.8 oz	3.361
28277	MURRAY, SUGAR FREE, Chocolate Chip Cookies	32.0	3.0 cookies	3.360

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
28029	GIRL SCOUTS, Caramel Dulce De Leche Cookies	30.0	4.0 cookies	3.360
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3.353
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	3.351
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3.349
22969	Chili with beans, microwavable bowls	244.0	1.0 cup	3.348
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	3.346
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	3.344
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	3.344
17209	Lamb, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	3.342
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	3.340
13330	Beef, variety meats and by-products, mechanically separated beef, raw	28.35	1.0 oz	3.340
21514	KASHI Pizza, Tikka Masala, single serve, frozen, unprepared	159.0	1.0 pizza	3.339
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	129.0	1.0 fillet	3.339
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	3.338
28218	MURRAY, SOUTHERN KITCHEN, Coconut Cookies	29.0	2.0 cookies	3.335
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	3.334
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	3.333
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	85.0	3.0 oz	3.330
28058	KEEBLER, CHIPS DELUXE, Original Chocolate Chip Cookies	30.0	2.0 cookies	3.330
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	3.329
06007	Soup, bean with ham, canned, chunky, ready-to-serve	243.0	1.0 cup (8 fl oz)	3.329
21228	McDONALD'S, Hamburger	95.0	1.0 sandwich	3.329
21508	WEND'YS, Crispy Chicken Sandwich	126.0	1.0 sandwich	3.328
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	3.327
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	85.0	3.0 oz	3.325
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	3.325
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	3.323
06018	Soup, chunky chicken noodle, canned, ready-to-serve	530.0	1.0 can	3.323
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	3.320
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	3.318
18630	PILLSBURY, Chocolate Chip Cookies, refrigerated dough	38.0	1.0 serving 2 cookies	3.317
28125	KEEBLER, SANDIES, Chocolate Chip & Pecan Shortbread Cookies	31.0	2.0 cookies	3.317
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	3.317
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	3.314
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	3.313

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	3.312
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	3.306
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	3.306
18239	Croissants, butter	28.35	1.0 oz	3.305
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	3.304
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	3.304
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	3.304
10174	Pork, fresh, variety meats and by-products, tail, raw	28.35	1.0 oz	3.300
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	85.0	3.0 oz	3.299
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	3.298
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	3.298
19897	Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Covered Almonds	28.0	1.0 serving 1oz pack	3.289
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	3.288
01209	Cheese, Mexican, blend, reduced fat	28.35	1.0 oz	3.283
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	3.281
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	3.280
19227	Frostings, coconut-nut, ready-to-eat	38.0	0.083 package	3.280
07024	Frankfurter, chicken	85.0	3.0 oz	3.278
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	3.277
05026	Chicken, heart, all classes, cooked, simmered	145.0	1.0 cup, chopped or diced	3.277
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	12.8	1.0 tbsp	3.277
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	3.274
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	3.272
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	3.272
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	3.270
06026	Soup, chili beef, canned, condensed	263.0	1.0 cup (8 fl oz)	3.266
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	3.264
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	3.263
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	68.0	1.0 wing, with skin	3.261
21246	WENDY'S, Chicken Nuggets	68.0	5.0 pieces	3.255
23472	Beef, ground, 93% lean meat / 7% fat, raw	113.0	4.0 oz	3.252
06056	Soup, cream of shrimp, canned, condensed	126.0	0.5 cup	3.251
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	3.241
21403	McDONALD'S, Premium Crispy Chicken Classic Sandwich	230.0	1.0 item	3.241

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
28126	KEEBLER, SANDIES, Dark Chocolate Almond Shortbread Cookies	30.0	2.0 cookies	3.240
16155	Peanut butter, smooth, vitamin and mineral fortified	32.0	2.0 tbsp	3.240
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	3.238
19017	Snacks, granola bars, hard, chocolate chip	28.35	1.0 oz	3.235
28226	MURRAY, SUGAR FREE, Pecan Shortbread Cookies	32.0	3.0 cookies	3.232
22989	KASHI, Red Curry Chicken, Frozen Entree	269.0	1.0 package	3.228
28060	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies	31.0	2.0 cookies	3.224
19041	Snacks, pork skins, plain	28.35	1.0 oz	3.223
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3.222
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28.35	1.0 oz	3.219
19313	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Tropical fruits	40.0	1.0 serving fun size (8 chews)	3.219
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	3.216
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	3.213
03055	Babyfood, dinner, beef with vegetables	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	3.209
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	3.205
04559	Shortening household soybean (hydrogenated) and palm	12.8	1.0 tbsp	3.203
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	14.0	1.0 tbsp	3.202
13838	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	3.201
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1.0 tbsp	3.200
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	115.0	1.0 serving	3.199
04615	Shortening, vegetable, household, composite	12.8	1.0 tbsp	3.197
06729	Soup, sirloin burger with vegetables, ready-to-serve, single brand	240.0	1.0 serving	3.192
28115	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Fudge Covered Pretzels	21.0	1.0 package	3.192
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	3.191
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	3.189
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	3.188
06061	Soup, tomato beef with noodle, canned, condensed	251.0	1.0 cup (8 fl oz)	3.188
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	3.188
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	3.184
05112	Chicken, roasting, meat and skin, cooked, roasted	85.0	3.0 oz	3.179
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	3.179
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	115.0	1.0 serving	3.179
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	3.178



NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
19309	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Fruit and Creme	40.0	1.0 serving fun size (8 chews)	3.172
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	3.170
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	3.170
16149	Peanut spread, reduced sugar	31.0	2.0 tbsp	3.168
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	85.0	3.0 oz	3.162
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	3.162
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	3.158
21149	School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen	91.0	1.0 piece 3.2 oz	3.158
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	3.156
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	3.150
28334	Cookies, gluten-free, lemon wafer	30.0	3.0 cookies	3.150
28358	GLUTINO, Gluten Free Wafers, Lemon Flavored	30.0	3.0 cookies	3.150
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	3.150
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	81.0	1.0 drumstick, with skin	3.148
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3.148
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	146.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g)	3.148
06456	Soup, cream of shrimp, canned, prepared with equal volume water	244.0	1.0 cup	3.148
07007	Bologna, beef	30.0	1.0 slice	3.146
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	133.0	1.0 chop without refuse (Yield from 1 raw chop, with refuse, weighing 201g)	3.145
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	3.145
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	114.0	4.0 oz	3.141
06358	Soup, tomato bisque, canned, prepared with equal volume milk	251.0	1.0 cup (8 fl oz)	3.138
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	3.136
17313	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	3.134
18155	Cookies, butter, commercially prepared, enriched	28.35	1.0 oz	3.133
18421	Cookies, butter, commercially prepared, unenriched	28.35	1.0 oz	3.133
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	85.0	3.0 oz	3.131
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	113.0	4.0 oz	3.129
28011	KELLOGG'S, EGGO, Waffles, Cinnamon Toast	92.0	3.0 sets	3.128
28056	KEEBLER, CHIPS DELUXE, Mini Chocolate Chip Cookies	34.0	1.0 pouch	3.128
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	3.127
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	3.126
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	3.124

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	3.118
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	3.117
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	3.116
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	3.114
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	3.114
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	3.112
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	40.0	1.0 serving fun size (8 chews)	3.111
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	3.111
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	58.0	1.0 wing, with skin	3.108
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	3.108
19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	3.107
23294	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	3.107
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	3.101
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	3.100
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	106.0	1.0 drumstick with skin	3.098
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	3.094
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	3.094
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	113.0	4.0 oz	3.094
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	3.092
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	3.092
32005	Macaroni and cheese, box mix with cheese sauce, prepared	189.0	1.0 cup prepared	3.092
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	147.0	0.5 cup	3.087
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	3.086
32035	BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared	72.0	1.0 patty	3.083
28335	Cookies, gluten-free, vanilla sandwich, with creme filling	44.0	3.0 cookies	3.083
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3.082
28287	Bread, naan, whole wheat, commercially prepared, refrigerated	106.0	1.0 piece	3.081
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	3.077
21324	McDONALD'S, Baked Apple Pie	77.0	2.7 oz	3.076
19002	Snacks, beef jerky, chopped and formed	28.35	1.0 oz	3.076
21355	McDONALD'S, McCHICKEN Sandwich	131.0	1.0 sandwich	3.073
28221	MURRAY, SUGAR FREE, Chocolate Chip & Pecan Cookies	32.0	3.0 cookies	3.072
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	3.071
09447	Plantains, yellow, fried, Latino restaurant	169.0	1.0 cup	3.069
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	3.068

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	3.067
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	3.066
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	210.0	1.0 cup	3.066
17104	Veal, loin, separable lean and fat, raw	85.0	3.0 oz	3.066
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3.064
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	113.0	4.0 oz	3.063
07045	Luncheon meat, pork, canned	28.35	1.0 oz	3.059
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	3.058
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	3.057
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	3.056
21127	Fast foods, coleslaw	191.0	1.0 cup	3.054
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	3.054
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3.053
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	3.053
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	3.052
19168	Desserts, egg custard, baked, prepared-from-recipe	141.0	0.5 cup	3.051
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	3.050
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	120.0	1.0 item	3.050
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	85.0	3.0 oz	3.047
19879	Ice creams, BREYERS, All Natural Light Mint Chocolate Chip	68.0	1.0 serving 1/2 cup	3.046
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	3.046
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	85.0	3.0 oz	3.043
42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	3.043
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	3.040
06011	Soup, cheese, canned, condensed	124.0	0.5 cup	3.038
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	49.0	0.75 cup (1 NLEA serving)	3.038
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	3.034
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	252.0	1.0 cup	3.034
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	3.034
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	128.0	1.0 rib without refuse (Yield from 1 raw rib, with refuse, weighing 196g)	3.034
22904	Chili con carne with beans, canned entree	242.0	1.0 cup	3.032
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	3.032
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	85.0	3.0 oz	3.031
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	3.031

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	3.030
21260	TACO BELL, Original Taco with beef, cheese and lettuce	69.0	1.0 each taco	3.025
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	69.0	1.0 each taco	3.025
15021	Fish, croaker, Atlantic, cooked, breaded and fried	87.0	1.0 fillet	3.024
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	3.023
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	245.0	1.0 cup	3.018
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	3.017
28073	KEEBLER, Danish Wedding Cookies	26.0	4.0 cookies	3.016
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	3.015
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3.014
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	3.013
18241	Croissants, cheese	28.35	1.0 oz	3.013
35145	Stew, hominy with mutton (Navajo)	411.0	1.0 serving	3.013
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	3.012
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	3.012
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	30.5	1.0 fl oz	3.011
19271	Ice creams, strawberry	58.0	1.0 individual (3.5 fl oz)	3.010
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	3.009
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	3.009
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	3.009
17147	Game meat, bear, cooked, simmered	85.0	3.0 oz	3.009
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	28.35	1.0 oz	3.007
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	3.006
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	3.006
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	3.004
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	3.004
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	3.003
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	3.003
06594	CAMPBELL'S Soup on the Go, New England Clam Chowder	305.0	1.0 container	3.001
06589	CAMPBELL'S Soup on the Go, Creamy Broccoli Soup	305.0	1.0 container	3.001
18972	Bread, cheese	48.0	1.0 slice	3.000
14195	Beverages, Cocoa mix, NESTLE, Hot Cocoa Mix Rich Chocolate With Marshmallows	20.0	1.0 serving 1 envelope	3.000
06353	CAMPBELL'S Red and White, Fiesta Nacho Cheese Soup, condensed	124.0	1.0 serving 1/2 cup	3.000
06383	CAMPBELL'S CHUNKY Soups, Baked Potato with Cheddar & Bacon Bits Soup	245.0	1.0 cup	2.999

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
06393	CAMPBELL'S CHUNKY Soups, Chicken Corn Chowder	245.0	1.0 cup	2.999
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	2.998
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.996
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	2.995
07230	OSCAR MAYER, Salami (hard)	27.0	1.0 serving 3 slices	2.993
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	2.990
43273	Cheese, cottage, with vegetables	113.0	4.0 oz	2.990
22915	Lasagna with meat & sauce, low-fat, frozen entree	309.0	1.0 package	2.988
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	2.988
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	2.984
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	2.984
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	85.0	3.0 oz	2.984
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	50.0	10.0 strips	2.980
19114	Ice creams, chocolate, light	68.0	1.0 serving	2.978
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	85.0	3.0 oz	2.978
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	2.973
28096	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Original	30.0	2.0 cookies	2.970
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.969
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	28.35	1.0 oz	2.968
11667	Seaweed, spirulina, dried	112.0	1.0 cup	2.968
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	2.966
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	2.964
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.964
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	590.0	1.0 serving	2.962
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	2.960
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	85.0	3.0 oz	2.958
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	2.958
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	2.957
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	2.957
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	84.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.957
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.956
21406	McDONALD'S, Premium Grilled Chicken Ranch BLT Sandwich	202.0	1.0 item 7.1 oz	2.955
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	65.0	10.0 strips	2.954
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	2.948
28127	KEEBLER, SANDIES, Pecan Shortbread Cookies	31.0	2.0 cookies	2.945

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.944
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.943
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	2.942
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	2.942
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	28.35	1.0 oz	2.942
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	85.0	3.0 oz	2.941
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	2.940
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	2.939
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	2.937
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	2.936
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	2.935
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	2.934
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.933
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	85.0	3.0 oz	2.932
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.932
01017	Cheese, cream	14.5	1.0 tbsp	2.931
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	245.0	1.0 cup	2.928
28198	MOTHER'S, Double Fudge Creme Sandwich Cookies	38.0	2.0 cookies	2.926
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	113.0	4.0 oz	2.926
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	2.920
36017	Restaurant, family style, macaroni & cheese, from kids' menu	136.0	1.0 cup	2.920
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	2.920
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	81.0	0.75 cup	2.916
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	2.916
25007	Snacks, M&M MARS, KUDOS Whole Grain Bars, peanut butter	28.0	1.0 bar	2.915
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	2.915
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	2.914
28057	KEEBLER, CHIPS DELUXE, Oatmeal Chocolate Chip Cookies	31.0	2.0 cookies	2.914
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	2.912
28206	MOTHER'S, Old Fashioned Chocolate Chip Cookies	32.0	2.0 cookies	2.912
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.910
19893	Ice creams, BREYERS, All Natural Light French Chocolate	68.0	1.0 serving 1/2 cup	2.910

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	2.909
16111	Soybeans, mature seeds, dry roasted	93.0	1.0 cup	2.908
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	2.907
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.906
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	2.904
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	2.903
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	2.902
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.901
16059	Chili with beans, canned	256.0	1.0 cup	2.900
17200	Lamb, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	2.899
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	2.896
04590	Fish oil, herring	13.6	1.0 tbsp	2.895
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	85.0	3.0 oz	2.890
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	2.890
17224	Lamb, ground, raw	28.35	1.0 oz	2.889
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	2.888
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	2.887
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	2.886
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	2.886
28130	KEEBLER, SOFT BATCH, Chocolate Chip Cookies	32.0	2.0 cookies	2.880
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	105.0	1.0 drumstick with skin (yield from 1 lb ready-to-cook chicken)	2.877
19327	Candies, MARS SNACKFOOD US, COCOAVIA Blueberry and Almond Chocolate Bar	22.0	1.0 serving 0.78 oz bar	2.875
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	2.873
10146	Pork, cured, ham, patties, unheated	28.35	1.0 oz	2.872
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	2.871
04516	Oil, teaseed	13.6	1.0 tablespoon	2.870
01141	Egg, turkey, whole, fresh, raw	79.0	1.0 egg	2.869
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	2.868
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	2.867
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	2.865
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated ), for flaky pastries	14.0	1.0 tbsp	2.862

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
23317	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	2.861
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	2.861
15011	Fish, catfish, channel, cooked, breaded and fried	87.0	1.0 fillet	2.861
17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	2.857
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	2.856
23413	Beef, New Zealand, imported, flat, separable lean only, raw	113.0	4.0 oz	2.853
28124	KEEBLER, SANDIES, Cashew Shortbread Cookies	30.0	2.0 cookies	2.850
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	2.847
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	2.844
19880	Ice creams, BREYERS, No Sugar Added, Butter Pecan	68.0	1.0 serving 1/2 cup	2.842
16594	MORNINGSTAR FARMS Lasagna with Veggie Sausage, frozen, unprepared	284.0	1.0 entree	2.840
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	85.0	3.0 oz	2.839
21161	SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	148.0	6.0 inch sub	2.837
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	148.0	6.0 inch sub	2.837
19881	Ice creams, BREYERS, No Sugar Added, French Vanilla	68.0	1.0 serving 1/2 cup	2.836
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	2.833
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	2.825
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	2.821
43125	Beans, liquid from stewed kidney beans	240.0	1.0 cup	2.818
04546	Shortening bread, soybean (hydrogenated) and cottonseed	12.8	1.0 tablespoon	2.816
20001	Amaranth grain, uncooked	193.0	1.0 cup	2.816
28114	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Dark Chocolate Fudge Stripes Cookies	21.0	1.0 pouch	2.814
28028	FAMOUS AMOS, Chocolate Chip Pecan Cookies	29.0	4.0 cookies	2.813
18147	Cheesecake commercially prepared	28.35	1.0 oz	2.813
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	2.812
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	51.0	1.0 biscuit	2.812
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	113.0	4.0 oz	2.811
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	2.809
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	2.807
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	2.803
05300	Turkey sticks, breaded, battered, fried	64.0	1.0 stick (2.25 oz)	2.803
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	2.802



NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.802
19328	Candies, MARS SNACKFOOD US, COCOAVIA Crispy Chocolate Bar	20.0	1.0 serving 0.7 oz bar	2.801
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	2.801
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	108.0	1.0 filet	2.800
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	2.800
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	85.0	3.0 oz	2.793
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	2.792
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	2.790
05191	Turkey, all classes, breast, meat and skin, raw	146.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	2.789
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	2.788
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	2.788
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	2.788
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	87.0	1.0 serving	2.787
16113	Natto	175.0	1.0 cup	2.784
28027	FAMOUS AMOS, Chocolate Chip Cookies	29.0	4.0 cookies	2.784
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	2.784
15239	Fish, salmon, coho, farmed, cooked, dry heat	143.0	1.0 fillet	2.780
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	2.780
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.777
36615	DENNY'S, top sirloin steak	107.0	1.0 steak	2.777
04677	Margarine-like spread, SMART BALANCE Omega Plus Spread (with plant sterols & fish oil)	14.0	1.0 tablespoon	2.776
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.774
28270	MOTHER'S, Vanilla Sandwich Cookies	38.0	2.0 cookies	2.774
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	85.0	3.0 oz	2.773
05130	Chicken, stewing, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	2.772
23431	Beef, New Zealand, imported, ribs prepared, raw	113.0	4.0 oz	2.772
05136	Chicken, capons, meat and skin, cooked, roasted	85.0	3.0 oz	2.771
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	2.770
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	2.769
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	2.768
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	2.768
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	2.766
17298	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	2.765
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	2.764

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
13001	Beef, carcass, separable lean and fat, choice, raw	28.35	1.0 oz	2.764
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	2.764
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	2.762
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	2.762
07960	Bologna, chicken, pork	28.0	1.0 serving	2.762
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	82.0	1.0 serving	2.760
06726	Soup, chicken mushroom chowder, chunky, ready-to-serve, single brand	240.0	1.0 serving	2.760
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	2.760
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	2.758
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	2.758
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	2.757
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	126.0	1.0 piece	2.757
19260	Ice creams, vanilla, light, no sugar added	68.0	1.0 serving 1/2 cup	2.753
19094	Desserts, flan, caramel custard, prepared-from-recipe	153.0	0.5 cup	2.752
17010	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	128.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	2.752
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.748
01276	Yogurt, Greek, strawberry, DANNON OIKOS	150.0	5.3 oz	2.748
14634	Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D	244.0	1.0 cup	2.743
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	2.740
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	28.35	1.0 oz	2.737
05317	Duck, young duckling, domesticated, White Pekin, leg, meat and skin, bone in, cooked, roasted	92.0	1.0 leg, bone removed (yield after cooking)	2.737
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	2.736
18337	Puff pastry, frozen, ready-to-bake	28.35	1.0 oz	2.734
15210	Fish, salmon, chinook, cooked, dry heat	85.0	3.0 oz	2.732
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	28.0	1.0 serving 5 slices	2.730
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	85.0	3.0 oz	2.724
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	85.0	3.0 oz	2.724
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	2.723
03059	Babyfood, dinner, vegetables and bacon, strained	256.0	1.0 cup	2.721
15074	Fish, sablefish, raw	85.0	3.0 oz	2.721
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	2.720
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	2.717

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	85.0	3.0 oz	2.717
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	2.713
28119	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Stripes Cookies	21.0	1.0 pouch	2.709
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.706
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	2.705
22973	Corn dogs, frozen, prepared	78.0	1.0 corndog	2.703
04593	Fish oil, salmon	13.6	1.0 tbsp	2.703
28061	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite size	28.0	5.0 cookies 1 serving	2.702
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	12.8	1.0 tbsp	2.701
28085	KEEBLER, FUDGE SHOPPE, Fudge Grahams, 1/2 Dipped, Reduced Fat	27.0	4.0 cookies	2.700
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	2.700
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	210.0	1.0 cup	2.696
07050	Mortadella, beef, pork	28.35	1.0 oz	2.696
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless	2.696
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	2.695
19882	Ice creams, BREYERS, No Sugar Added, Vanilla	69.0	1.0 serving 1/2 cup	2.691
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	147.0	0.5 cup	2.690
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	2.688
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	2.688
06116	Gravy, beef, canned, ready-to-serve	233.0	1.0 cup	2.686
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	2.686
17305	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	2.685
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	2.685
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1.0 oz	2.685
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	2.681
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.680
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	2.680
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.679
19884	Ice creams, BREYERS, No Sugar Added, Vanilla Chocolate Strawberry	68.0	1.0 serving 1/2 cup	2.679
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.679
04515	Oil, tomatoseed	13.6	1.0 tablespoon	2.679
04037	Oil, rice bran	13.6	1.0 tablespoon	2.679
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	85.0	3.0 oz	2.678

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	2.673
19406	Snacks, granola bars, soft, uncoated, nut and raisin	28.0	1.0 bar (1 oz)	2.671
28098	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Peanut Butter	30.0	2.0 cookies	2.670
17192	Lamb, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	2.669
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.669
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	2.668
04588	Oil, oat	13.6	1.0 tbsp	2.668
25006	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Double Chocolate Nut Bar	55.0	1.0 bar	2.666
28260	KELLOGG'S, EGGO, Waffles, Chocolate Chip	70.0	2.0 waffles	2.660
28128	KEEBLER, SANDIES, Pecan Shortbread Cookies, bite size	28.0	5.0 cookies 28 g package	2.660
12149	Nuts, pine nuts, pinyon, dried	28.35	1.0 oz	2.658
15094	Fish, shad, american, raw	85.0	3.0 oz	2.657
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	28.35	1.0 oz	2.656
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	2.651
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	85.0	3.0 oz	2.649
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	2.649
01260	Cheese, cheddar, reduced fat	21.0	1.0 slice	2.646
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.645
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	2.644
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	2.643
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	1.0 serving	2.642
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	2.639
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	95.0	1.0 thigh	2.638
43299	Soybean, curd cheese	225.0	1.0 cup	2.637
15196	Fish, halibut, greenland, cooked, dry heat	85.0	3.0 oz	2.637
25005	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR	55.0	1.0 bar	2.637
28062	KEEBLER, CHIPS DELUXE, Soft 'n Chewy Chocolate Chip Cookies	31.0	2.0 cookies	2.635
15078	Fish, salmon, chinook, raw	85.0	3.0 oz	2.635
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	2.631
15052	Fish, mackerel, spanish, cooked, dry heat	146.0	1.0 fillet	2.629
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	2.628
06336	CAMPBELL'S, Cream of Chicken Soup, condensed	124.0	0.5 cup condensed	2.616
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	2.614

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
19393	Frozen yogurts, chocolate, soft-serve	72.0	0.5 cup (4 fl oz)	2.614
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	67.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.613
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	2.611
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	2.609
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	2.606
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.606
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	2.604
28210	MURRAY, SUGAR FREE, Vanilla Sugar Wafer	28.0	4.0 cookies	2.604
28367	SAGE VALLEY, Gluten Free Vanilla Sandwich Cookies	44.0	3.0 cookies	2.604
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	2.601
25004	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Chewy Chocolate Peanut Bar	55.0	1.0 bar	2.600
19265	Ice creams, chocolate, light, no sugar added	72.0	1.0 serving 1/2 cup	2.599
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	2.598
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.598
23411	Beef, New Zealand, imported, flank, separable lean only, raw	113.0	4.0 oz	2.598
13002	Beef, carcass, separable lean and fat, select, raw	28.35	1.0 oz	2.597
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	2.596
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.595
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	2.595
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	2.594
21024	Fast foods, french toast sticks	65.0	3.0 pieces	2.593
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	2.592
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	85.0	3.0 oz	2.592
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	2.592
19895	Ice creams, BREYERS, No Sugar Added, Chocolate Caramel	71.0	1.0 serving 1/2 cup	2.592
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	78.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.590
17322	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	2.587
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	2.586
28007	KELLOGG'S, EGGO, Wafflers, Brown Sugar Cinnamon Roll	76.0	2.0 waffles	2.584
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	2.584
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	2.583
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.581
43128	Chicken, meatless	168.0	1.0 cup	2.577
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	2.577
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	2.577

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	2.576
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	2.576
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	2.576
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.576
19080	Candies, semisweet chocolate	14.5	1.0 serving	2.574
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	2.571
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	28.0	1.0 bar (1 oz)	2.570
19883	Ice creams, BREYERS, No Sugar Added, Vanilla Fudge Twirl	72.0	1.0 serving 1/2 cup	2.570
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	2.570
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	2.568
05138	Chicken, capons, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	2.566
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	2.565
07068	Salami, cooked, beef	26.0	1.0 slice	2.565
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	2.562
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	85.0	3.0 oz	2.561
04586	Shortening, special purpose for cakes and frostings, soybean (hydrogenated)	12.8	1.0 tbsp	2.560
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	147.0	0.5 cup	2.558
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	2.557
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	2.556
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	2.556
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	2.552
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	2.551
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	62.0	1.0 serving 2.17 oz pack	2.551
19363	Candies, MARS SNACKFOOD US, SKITTLES Wild Berry Bite Size Candies	62.0	1.0 serving 2.1 oz bag	2.551
16156	Peanut butter, chunky, vitamin and mineral fortified	32.0	2.0 tbsp	2.551
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	2.551
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	60.0	1.0 wing, with skin	2.551
22981	KASHI, Chicken Enchilada with Ancho Sauce, Frozen Entree	255.0	1.0 package	2.550
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.550
43268	Whipped cream substitute, dietetic, made from powdered mix	80.0	1.0 cup	2.549
28217	MURRAY, SOUTHERN KITCHEN, Chocolate Chip Cookies	28.0	2.0 cookies	2.548
04146	Salad dressing, french, cottonseed, oil, home recipe	14.0	1.0 tablespoon	2.548
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	2.544

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	2.542
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	85.0	3.0 oz	2.542
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	2.540
07040	Liver cheese, pork	28.35	1.0 oz	2.540
28116	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Cookies 'N Creme	20.0	1.0 pouch	2.540
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	2.537
01252	Cheese product, pasteurized process, American, vitamin D fortified	19.0	1.0 slice (2/3 oz)	2.535
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	2.534
05114	Chicken, roasting, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	2.534
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	2.533
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	2.533
18314	Pie, coconut cream, prepared from mix, no-bake type	28.35	1.0 oz	2.533
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	2.532
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.531
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	51.0	2.0 cookie 2011 label	2.531
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	3.0 oz	2.530
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	56.0	2.0 oz (1 serving)	2.528
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	2.524
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	2.521
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1.0 oz	2.520
28074	KEEBLER, E.L. FUDGE, Butter Flavored Cookies	36.0	2.0 cookies	2.520
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	140.0	0.5 cup	2.520
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	90.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.520
19415	Snacks, potato sticks	28.35	1.0 oz	2.517
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	78.0	1.0 bar	2.517
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	2.516
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	2.514
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	2.514
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	2.511
36008	T.G.I. FRIDAY'S, fried mozzarella	35.0	1.0 piece	2.510
06048	Soup, oyster stew, canned, condensed	123.0	0.5 cup (4 fl oz)	2.509
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	2.509
32031	Salisbury steak with gravy, frozen	63.0	1.0 patty	2.509
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	2.508

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
17352	Veal, Australian, shank, hind, bone-in, separable lean and fat	85.0	3.0 oz	2.508
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	2.508
21487	Fast foods, taco with chicken, lettuce and cheese, soft	98.0	1.0 each taco	2.508
06448	Soup, oyster stew, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	2.506
17350	Veal, Australian, shank, fore, bone-in, separable lean and fat, raw	85.0	3.0 oz	2.506
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	85.0	3.0 oz	2.506
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	2.503
06487	CAMPBELL'S Low Sodium Soups, Cream of Mushroom Soup	298.0	1.0 serving 1 container	2.500
28301	Cookies, peanut butter, commercially prepared, sugar free	29.0	1.0 serving 3 cookies	2.500
28330	Cookies, marshmallow, with rice cereal and chocolate chips	22.0	1.0 bar	2.500
22942	SPAGHETTIOS, SpaghettiOs A to Z's with Meatballs	252.0	1.0 cup (1 serving)	2.500
22940	SPAGHETTIOS, SpaghettiOs with Meatballs	252.0	1.0 cup (1 serving)	2.500
22941	SPAGHETTIOS, SpaghettiOs with Sliced Franks	252.0	1.0 cup (1 serving)	2.500
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	145.0	5.0 pieces 1 serving	2.500
06438	CAMPBELL'S CHUNKY Soups, Salisbury Steak with Mushrooms & Onions Soup	245.0	1.0 serving	2.499
06384	CAMPBELL'S CHUNKY Soups, Baked Potato with Steak & Cheese Soup	245.0	1.0 cup	2.499
06250	CAMPBELL'S CHUNKY Microwavable Bowls, New England Clam Chowder, ready-to-serve	245.0	1.0 serving 1 cup	2.499
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles	2.497
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	13.6	1.0 tbsp	2.497
28049	KEEBLER, Cheese & Cheddar Sandwich Crackers	39.0	1.0 package	2.496
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	28.0	3.0 scoop	2.493
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	2.493
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	2.492
36613	DENNY'S, macaroni & cheese, from kid's menu	180.0	1.0 serving	2.491
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	85.0	3.0 oz	2.490
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	2.490
21611	School Lunch, chicken nuggets, whole grain breaded	88.0	5.0 pieces	2.490
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	2.490
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	85.0	3.0 oz	2.486
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	113.0	4.0 oz	2.486
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	2.480
17149	Bison, ground, grass-fed, raw	85.0	1.0 patty (cooked from 4 oz raw)	2.479
42258	Cheese product, pasteurized process, cheddar, reduced fat	28.0	1.0 slice 1 oz	2.478



NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.474
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.474
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	142.0	0.5 cup	2.471
28199	MOTHER'S, English Tea Sandwich Cookies	38.0	2.0 cookies	2.470
28131	KEEBLER, Sweet Cremes Cookies	38.0	2.0 cookies	2.470
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	2.470
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	2.469
05050	Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.468
19383	Candies, toffee, prepared-from-recipe	12.0	1.0 piece	2.468
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.468
12140	Nuts, formulated, wheat-based, unflavored, with salt added	28.35	1.0 oz	2.467
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	2.466
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	2.466
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	91.0	1.0 thigh, without skin	2.465
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.465
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.465
25008	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Honey Nut Oat Bar	55.0	1.0 bar	2.465
25050	Snacks, yucca (cassava) chips, salted	28.35	1.0 oz	2.463
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	2.462
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	2.462
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	13.6	1.0 tbsp	2.462
01287	Yogurt, Greek, plain, lowfat	200.0	1.0 container (7 oz)	2.460
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	85.0	1.0 serving	2.460
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	2.460
28051	KEEBLER, Cheese on Wheat Sandwich Crackers	39.0	1.0 package	2.457
36045	ON THE BORDER, refried beans	135.0	1.0 cup	2.456
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	124.0	1.0 fillet	2.453
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	244.0	1.0 cup	2.452
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	2.452
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.451
17254	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	2.449
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	2.448
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.445
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	2.442

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
21349	McDONALD'S, NEWMAN'S OWN Ranch Dressing	56.0	2.0 fl oz	2.442
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz (Yield from 1 cooked roast, with refuse, weighing 1515g)	2.440
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	2.440
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	83.0	1.0 thigh thigh without skin	2.439
07971	Bologna, meat and poultry	33.0	1.0 slice	2.438
19421	Snacks, potato chips, cheese-flavor	28.35	1.0 oz	2.438
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	2.438
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	2.435
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	152.0	5.0 fl oz	2.435
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	2.434
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	2.434
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	85.0	3.0 oz	2.433
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	2.430
28195	MOTHER'S, Chocolate Chip Cookies	30.0	4.0 cookies	2.430
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	2.422
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	2.422
43134	Vegetarian fillets	85.0	1.0 fillet	2.422
22982	KASHI, STEAM MEAL, Chicken Fettuccine, Frozen Entree	269.0	1.0 package	2.421
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	2.420
18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	2.419
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	2.413
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	2.411
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	2.410
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.410
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	79.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.410
28036	GIRL SCOUTS, Trefoils Cookies	33.0	5.0 cookies	2.409
28232	MURRAY, Vanilla Sugar Wafer	28.0	5.0 cookies	2.408
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	2.408
28225	MURRAY, SUGAR FREE, Peanut Butter Cookies	29.0	3.0 cookies	2.407
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	85.0	3.0 oz, boneless	2.406
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	13.6	1.0 tbsp	2.405
04667	Shortening, industrial, soy (partially hydrogenated ) for baking and confections	12.8	1.0 tbsp	2.405
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	113.0	4.0 oz	2.401
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	2.400

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.399
01284	Yogurt, Greek, strawberry, lowfat	150.0	1.0 container (5.3 oz)	2.398
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	2.397
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	2.394
06549	Soup, chicken mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	2.391
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	2.390
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	2.389
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	2.387
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	2.384
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	2.383
23303	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	2.383
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	2.383
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	2.380
28050	KEEBLER, Club & Cheddar Sandwich Crackers	39.0	1.0 package	2.379
18983	AUSTIN, Cheddar Cheese on Wheat Crackers, sandwich-type	39.0	1.0 package	2.379
18984	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type	39.0	1.0 package	2.379
05116	Chicken, roasting, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	2.378
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	85.0	3.0 oz	2.376
05641	Ostrich, ground, raw	109.0	1.0 patty	2.373
05148	Goose, domesticated, meat only, raw	85.0	3.0 oz	2.372
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	3.0 oz	2.370
06977	Gravy, meat or poultry, low sodium, prepared	236.0	1.0 cup	2.367
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	2.365
25027	Snacks, plantain chips, salted	28.35	1.0 oz	2.364
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.361
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	2.360
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.359
18161	Cookies, chocolate chip, dry mix	28.35	1.0 oz	2.358
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	2.357
01193	KRAFT BREAKSTONE'S Reduced Fat Sour Cream	31.0	2.0 tbsp	2.356
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	413.0	12.0 inch sub	2.354
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	112.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	2.352
28121	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies, Fudge Dipped	21.0	1.0 package	2.352
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	2.352
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.350

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	2.350
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	64.0	1.0 cup	2.349
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	64.0	1.0 cup	2.349
19083	Candies, sweet chocolate coated fondant	43.0	1.0 patty, large	2.348
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	144.0	1.0 cup	2.347
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	2.346
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.346
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.345
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.345
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.345
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	2.345
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	2.343
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	2.338
04673	Margarine-like spread, SMART BALANCE Regular Buttery Spread with flax oil	14.0	1.0 tablespoon	2.337
04683	Margarine, margarine-like vegetable oil spread, 67-70% fat, tub	14.0	1.0 tbsp (1 NLEA serving)	2.336
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	2.336
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	14.0	1.0 tablespoon	2.334
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	2.334
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	2.326
42151	Vegetable oil-butter spread, reduced calorie	13.0	1.0 tbsp	2.324
28279	MURRAY, SUGAR FREE, Chocolate Creme Sandwich Cookies	28.0	3.0 cookies	2.324
18312	Pie, chocolate mousse, prepared from mix, no-bake type	28.35	1.0 oz	2.323
17280	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	2.322
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.320
28150	KEEBLER, TRADITIONS, Iced Lemonade Cookies	29.0	4.0 cookies	2.320
28202	MOTHER'S, Iced Lemonade Cookies	29.0	4.0 cookies	2.320
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	2.319
21245	WENDY'S, Ultimate Chicken Grill Sandwich	225.0	1.0 item	2.318
15116	Fish, trout, rainbow, wild, cooked, dry heat	143.0	1.0 fillet	2.315
05057	Chicken, broilers or fryers, breast, meat and skin, raw	87.0	0.5 breast, bone removed (yield from 1 lb ready-to-cook chicken)	2.314
43130	Frankfurter, meatless	140.0	1.0 cup, sliced	2.314
03245	Babyfood, dessert, custard pudding, vanilla, strained	229.0	1.0 cup	2.313

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
28013	KELLOGG'S, EGGO, FIBERPLUS Waffles, Chocolate Chip	70.0	2.0 waffles	2.310
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	2.306
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	85.0	3.0 oz	2.305
28030	GIRL SCOUTS, Chalet Cookies	36.0	3.0 cookies	2.304
28278	MURRAY, SUGAR FREE, Oatmeal Cookies	32.0	3.0 cookies	2.304
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	2.304
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	2.302
18986	AUSTIN, Grilled Cheese on Wafer Crackers, sandwich-type	39.0	1.0 package	2.301
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	140.0	0.5 cup	2.300
28167	KELLOGG'S, POP-TARTS, Frosted Cinnamon Roll Toaster Pastries	50.0	1.0 pastry	2.300
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	2.298
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	2.296
17128	Veal, shoulder, blade chop, separable lean and fat, raw	85.0	3.0 oz	2.296
05153	Pheasant, raw, meat and skin	85.0	3.0 oz	2.295
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	2.295
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.293
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	28.35	1.0 oz	2.289
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	2.288
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.286
04668	Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	14.0	1.0 tbsp	2.285
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	2.285
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.284
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	2.283
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.282
04042	Oil, peanut, salad or cooking	13.5	1.0 tbsp	2.282
19387	Frozen novelties, ice type, pineapple-coconut	99.0	0.5 cup (4 fl oz)	2.281
15158	Mollusks, clam, mixed species, cooked, breaded and fried	85.0	3.0 oz	2.281
07056	Peppered loaf, pork, beef	100.0	3.52 slices	2.280
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	2.280
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	2.279
08510	Milk and cereal bar	25.0	1.0 bar	2.278
17153	Game meat, beefalo, composite of cuts, cooked, roasted	85.0	3.0 oz	2.278
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	2.277
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	777.0	1.0 order	2.277
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.274

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
21610	School Lunch, chicken patty, whole grain breaded	86.0	1.0 patty	2.272
18963	Garlic bread, frozen	43.0	1.0 slice presliced	2.271
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	2.270
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	2.268
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	28.35	1.0 oz	2.267
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.266
19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	2.266
21416	POPEYES, Coleslaw	120.0	1.0 package	2.264
28258	AUSTIN, Cheddar Cheese on Wafer Crackers, sandwich-type	39.0	1.0 package	2.262
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	2.262
18332	Pie crust, standard-type, dry mix	28.35	1.0 oz	2.261
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	113.0	4.0 oz	2.259
21356	McDONALD'S, McCHICKEN Sandwich (without mayonnaise)	138.0	1.0 item	2.258
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	2.255
07061	Mother's loaf, pork	28.35	1.0 oz	2.254
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	2.252
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.252
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	28.35	1.0 oz	2.251
18479	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted brown sugar cinnamon	50.0	1.0 pastry	2.250
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.250
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	50.0	1.0 bar	2.250
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	114.0	4.0 oz	2.249
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.246
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	140.0	1.0 cup	2.240
01189	KRAFT CHEEZ WHIZ LIGHT Pasteurized Process Cheese Product	35.0	2.0 tbsp	2.240
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	2.240
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	2.237
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	103.0	1.0 serving 100 ml	2.237
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	2.237
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	85.0	1.0 serving	2.236
23308	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	2.233
10219	Pork, fresh, ground, raw	28.35	1.0 oz	2.231
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	2.231
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	2.231

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
04666	Shortening, industrial, soy (partially hydrogenated ) and corn for frying	12.8	1.0 tbsp	2.229
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	2.227
17061	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	85.0	3.0 oz	2.227
19088	Ice creams, vanilla, light	76.0	1.0 serving 1/2 cup	2.225
28118	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Grahams Cookies	20.0	1.0 pouch	2.220
20118	Noodles, flat, crunchy, Chinese restaurant	45.0	1.0 cup	2.219
19138	Candies, truffles, prepared-from-recipe	12.0	1.0 piece	2.219
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	85.0	3.0 oz	2.218
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	2.217
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	113.0	4.0 oz	2.215
17186	Lamb, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	2.210
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	2.207
19199	Puddings, tapioca, dry mix, prepared with whole milk	128.0	0.5 cup	2.207
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz ( 1 serving )	2.207
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.207
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	2.206
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	2.206
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	47.0	1.0 bar	2.203
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	2.202
31031	Potatoes, french fried, cross cut, frozen, unprepared	85.0	3.0 oz	2.202
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	3.0 oz	2.201
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	40.0	1.0 serving 6 pieces	2.200
18164	Cookies, chocolate chip, refrigerated dough, baked	28.35	1.0 oz	2.200
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	2.199
21382	McDONALD'S, FILET-O-FISH (without tartar sauce)	124.0	1.0 item	2.199
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	2.198
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	2.197
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	2.193
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.193
32034	HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared	64.0	1.0 patty	2.193
19876	Ice creams, BREYERS, All Natural Light French Vanilla	68.0	1.0 serving 1/2 cup	2.190
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	2.189
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	2.189
19139	Baking chocolate, MARS SNACKFOOD US, M&M's Semisweet Chocolate Mini Baking Bits	14.0	1.0 serving 0.5 oz, about 1 tbsp	2.187

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.186
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.184
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	85.0	3.0 oz	2.184
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.184
28227	MURRAY, SUGAR FREE, Lemon Creme Sandwich Cookies	28.0	3.0 cookies	2.184
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	230.0	1.0 sandwich	2.183
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	121.0	1.0 fillet	2.182
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	2.181
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	2.179
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	2.177
28261	FAMOUS AMOS, Chocolate Sandwich Creme Cookies	34.0	3.0 cookies	2.176
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	2.176
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	2.176
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	2.176
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	2.173
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	2.173
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	2.173
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	2.173
28022	KELLOGG'S, EGGO Seasons, Waffles, Pumpkin Spice	70.0	2.0 waffles	2.170
21333	McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	90.0	1.0 item (3.2 oz)	2.169
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.167
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	2.167
16596	MORNINGSTAR FARMS Grillers Quarter Pound Veggie Burger, frozen, unprepared	114.0	1.0 burger	2.166
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.166
28120	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Mints Grasshopper Cookies	21.0	1.0 pouch	2.163
05193	Turkey, all classes, leg, meat and skin, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	2.163
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	28.35	1.0 oz	2.160
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	2.160
16173	Frijoles rojos volteados (Refried beans, red, canned)	233.0	1.0 cup	2.158
04617	Margarine, regular, 80% fat, composite, stick, without salt	14.2	1.0 tbsp	2.157
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	2.154
19195	Puddings, rice, dry mix, prepared with whole milk	128.0	0.5 cup	2.153
22991	KASHI, STEAM MEAL, Sesame Chicken, Frozen Entree	269.0	1.0 package	2.152



NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	2.150
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	2.150
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	2.150
22247	Macaroni and Cheese, canned entree	244.0	1.0 serving	2.150
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	2.149
14015	Alcoholic beverage, pina colada, canned	32.6	1.0 fl oz	2.142
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.142
28262	FAMOUS AMOS, Vanilla Sandwich Creme Cookies	34.0	3.0 cookies	2.142
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	2.139
06016	Soup, cream of chicken, canned, condensed	126.0	0.5 cup (4 fl oz)	2.138
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	2.138
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.138
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	85.0	3.0 oz	2.137
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	2.137
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.137
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	2.135
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	20.0	1.0 piece	2.134
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	2.133
07940	Macaroni and cheese loaf, chicken, pork and beef	38.0	1.0 slice	2.133
36028	DENNY'S, coleslaw	91.0	1.0 serving	2.133
04044	Oil, soybean, salad or cooking	13.6	1.0 tbsp	2.128
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	140.0	1.0 cup	2.128
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	2.128
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	14.0	1.0 tbsp	2.126
04628	Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	14.0	1.0 tbsp	2.126
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	14.0	1.0 tablespoon	2.126
04610	Margarine, regular, 80% fat, composite, stick, with salt	14.0	1.0 tbsp	2.126
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	85.0	3.0 oz	2.125
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	250.0	1.0 cup (8 fl oz)	2.125
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	2.124
01049	Cream, fluid, half and half	30.2	1.0 fl oz	2.124
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	2.122
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	2.121
03066	Babyfood, dinner, vegetables and lamb, strained	256.0	1.0 cup	2.120
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	28.35	1.0 oz	2.119

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
23315	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	2.119
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	2.117
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.116
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	2.114
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	140.0	1.0 cup	2.114
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	2.112
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	240.0	1.0 cup (8 fl oz)	2.112
04699	Oil, industrial, soy, low linolenic	14.0	1.0 tablespoon	2.112
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	2.109
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.107
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	2.106
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	2.105
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.101
28228	MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies	28.0	3.0 cookies	2.100
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	2.096
36030	DENNY'S, hash browns	124.0	1.0 serving	2.094
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	107.0	1.0 chop	2.094
36414	Restaurant, Latino, tripe soup	200.0	1.0 cup	2.090
06545	CAMPBELL'S Homestyle New England Clam Chowder	256.0	1.0 cup	2.089
21309	McDONALD'S, Chicken McNUGGETS	64.0	4.0 pieces	2.087
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	84.0	1.0 thigh without skin	2.087
04653	Oil, industrial, soy (partially hydrogenated ) and soy (winterized), pourable clear fry	13.6	1.0 tbsp	2.086
04650	Oil, industrial, soy, refined, for woks and light frying	13.6	1.0 tbsp	2.086
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	2.083
11956	Tomatoes, sun-dried, packed in oil, drained	110.0	1.0 cup	2.082
16076	Lupins, mature seeds, raw	180.0	1.0 cup	2.081
19887	Frozen novelties, KLONDIKE, SLIM-A-BEAR Vanilla Sandwich	64.0	1.0 serving 1 sandwich	2.080
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	2.080
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	2.079
28153	KEEBLER, Vienna Fingers with Creme Filling	31.0	2.0 cookies	2.077
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	2.075
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	2.075
04669	USDA Commodity Food, oil, vegetable, soybean, refined	13.6	1.0 tablespoon	2.074
06416	Soup, cream of chicken, canned, prepared with equal volume water	244.0	1.0 cup	2.074

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
16150	Peanut butter, smooth, reduced fat	36.0	2.0 tablespoon	2.074
17290	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	2.066
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.066
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	2.063
36035	Restaurant, family style, coleslaw	108.0	1.0 serving	2.062
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	2.057
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	2.056
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	2.056
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving ( 3 oz )	2.056
28008	KELLOGG'S, EGGO, Wafflers, Strawberry Strudel	76.0	2.0 waffles	2.052
43132	Meatballs, meatless	144.0	1.0 cup	2.052
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving ( 3 oz )	2.050
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	2.049
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	2.049
17139	Veal, sirloin, separable lean only, cooked, roasted	85.0	3.0 oz	2.048
28129	KEEBLER, SANDIES, Pecan Shortbread Cookies, Reduced Fat	31.0	2.0 cookies	2.046
04531	Oil, soybean lecithin	13.6	1.0 tablespoon	2.041
16528	WORTHINGTON Dinner Roast, frozen, unprepared	85.0	1.0 slice , 3/4"	2.040
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	85.0	3.0 oz	2.040
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	2.039
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	85.0	3.0 oz	2.037
07030	Ham, minced	28.35	1.0 oz	2.036
13320	Beef, variety meats and by-products, brain, cooked, simmered	85.0	3.0 oz	2.035
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	2.034
23309	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	2.033
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	2.032
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	2.031
19020	Snacks, granola bars, soft, uncoated, plain	28.0	1.0 bar (1 oz)	2.030
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	2.030
06736	Soup, cream of chicken, canned, condensed, single brand	126.0	1.0 serving	2.029
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	2.028
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	2.027
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	2.027

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1.0 tbsp	2.026
19146	Baking chocolate, MARS SNACKFOOD US, M&M's Milk Chocolate Mini Baking Bits	14.0	1.0 serving 0.5 oz, about 1 tbsp	2.025
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	2.025
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	2.023
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	2.022
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	2.021
04700	Oil, industrial, soy, ultra low linolenic	13.6	1.0 tablespoon	2.020
04618	Margarine, regular, 80% fat, composite, tub, without salt	14.2	1.0 tbsp	2.020
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1.0 tbsp	2.020
23318	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	2.018
28047	KEEBLER, BAKER'S TREASURES, Chocolate Chip Cookie, soft	32.0	2.0 cookies	2.016
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	2.016
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	147.0	0.5 cup	2.014
11450	Soybeans, green, raw	256.0	1.0 cup	2.012
44005	Oil, corn, peanut, and olive	14.0	1.0 tablespoon	2.011
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	2.009
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.009
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	85.0	3.0 oz	2.007
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	2.005
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	2.004
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	2.004
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.1	1.0 tbsp	2.002
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.001
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	2.001
06596	CAMPBELL'S Soup on the Go, Cheesy Potato with Bacon Flavor Soup	305.0	1.0 container	2.001
22966	SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open	206.0	1.0 can (1 serving)	2.000
04704	Salad dressing, poppyseed, creamy	33.0	2.0 tbsp	2.000
06014	CAMPBELL'S Red and White, Broccoli Cheese Soup, condensed	124.0	1.0 serving 1/2 cup	2.000
06342	CAMPBELL'S Red and White, Cream of Shrimp Soup, condensed	124.0	1.0 serving 1/ 2 cup	2.000
06312	CAMPBELL'S Red and White, Cream of Asparagus Soup, condensed	124.0	1.0 serving 1/2 cup	2.000
14197	Cocoa mix, NESTLE, Rich Chocolate Hot Cocoa Mix	20.0	1.0 serving 1 envelope	2.000
28180	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Rainbow Chip Toaster Pastries	50.0	1.0 pastry	2.000
28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	2.000
14270	Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer	15.0	1.0 serving	2.000

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
28328	Cookies, chocolate chip sandwich, with creme filling	34.0	1.0 cookie	2.000
22929	SPAGHETTIOS, Mini Beef Ravioli in Meat Sauce	259.0	1.0 cup	1.999
06546	CAMPBELL'S Homestyle Potato Broccoli Cheese Soup	245.0	1.0 cup	1.999
06245	CAMPBELL'S CHUNKY Microwavable Bowls, Grilled Chicken and Sausage Gumbo, ready-to-serve	245.0	1.0 serving 1 cup	1.999
06242	CAMPBELL'S CHUNKY Microwavable Bowls, Chicken and Dumplings Soup, ready-to-serve	245.0	1.0 serving 1 cup	1.999
32012	Pizza rolls, frozen, unprepared	80.0	1.0 serving 6 rolls	1.995
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	252.0	1.0 serving (1 cup)	1.993
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.993
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.993
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	14.0	1.0 tbsp	1.991
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	85.0	3.0 oz	1.991
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	1.989
01128	Egg, whole, cooked, fried	46.0	1.0 large	1.989
01192	KRAFT VELVEETA LIGHT Reduced Fat Pasteurized Process Cheese Product	28.0	1.0 oz	1.988
13337	Beef, variety meats and by-products, thymus, raw	28.35	1.0 oz	1.987
28300	Cookies, oatmeal sandwich, with creme filling	38.0	1.0 cookie 1 serving	1.986
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	86.0	1.0 thigh without skin	1.985
13339	Beef, variety meats and by-products, tongue, raw	28.35	1.0 oz	1.985
25038	Snacks, granola bars, soft, almond, confectioners coating	35.0	1.0 bar	1.984
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	1.984
18336	Pie crust, standard-type, prepared from recipe, baked	23.0	1.0 piece (1/8 of 9" crust)	1.983
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	1.982
22987	KASHI Pesto Pasta Primavera, frozen, unprepared	283.0	1.0 entree	1.981
21247	WENDY'S, french fries	71.0	1.0 kid's meal Serving	1.981
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	1.978
18313	Pie, coconut creme, commercially prepared	28.35	1.0 oz	1.978
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	1.978
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	1.974
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving ( 3 oz )	1.972
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	1.967
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.966
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.966
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	85.0	3.0 oz	1.964
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	1.961
28023	KELLOGG'S, SIMPLY EGGO, Original	70.0	2.0 waffles	1.960

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.959
07959	Bologna, chicken, pork, beef	28.0	1.0 serving	1.959
18303	Pie, banana cream, prepared from mix, no-bake type	28.35	1.0 oz	1.957
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.956
05707	Turkey, whole, meat and skin, with added solution, roasted	85.0	3.0 oz	1.956
03061	Babyfood, dinner, vegetables and ham, strained	256.0	1.0 cup	1.956
17302	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	1.956
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.955
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	85.0	3.0 oz	1.954
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	31.0	0.75 cup (1 NLEA serving)	1.953
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	1.950
28211	MURRAY, Chocolatey Chip Thins Cookies	30.0	8.0 cookies	1.950
28034	GIRL SCOUTS, Thank U Berry Munch Cookies	25.0	2.0 cookies	1.950
28170	KELLOGG'S, POP-TARTS, Frosted Orange Cream Toaster Pastries	50.0	1.0 pastry	1.950
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	50.0	10.0 strips	1.947
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	50.0	10.0 strips	1.947
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	1.947
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.947
28326	Crackers, whole grain, sandwich-type, with peanut butter filling	43.0	6.0 cracker 1 serving	1.946
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.945
19875	Ice creams, BREYERS, All Natural Light Vanilla	68.0	1.0 serving 1/2 cup	1.945
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	145.0	1.0 cup	1.943
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	1.941
18522	ARCHWAY Home Style Cookies, Chocolate Chip Ice Box	24.0	1.0 serving	1.939
25046	Snacks, bagel chips, plain	28.35	1.0 oz	1.938
06584	Soup, broccoli cheese, canned, condensed, commercial	121.0	1.0 serving 1/2 cup	1.936
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	1.936
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.934
28072	KEEBLER, Country Style Oatmeal Cookies with Raisins	28.0	2.0 cookies	1.932
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	1.931
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85.0	3.0 oz	1.930
18245	Danish pastry, cheese	28.35	1.0 oz	1.926
28102	KEEBLER, GRIPZ, CHIPS DELUXE, Chocolate Chip Cookies, bite-size	25.0	1.0 pouch	1.925
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	1.925

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.921
19369	Candies, MARS SNACKFOOD US, SKITTLES Sours Original	51.0	1.0 serving 1.80 oz bag	1.920
28182	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries	48.0	1.0 pastry	1.920
28238	SUNSHINE, CHEEZ-IT, Colby Crackers	30.0	25.0 crackers	1.920
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	1.917
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	1.916
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	1.915
20078	Wheat germ, crude	115.0	1.0 cup	1.915
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	1.914
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.913
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.912
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	1.910
04629	Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick	14.0	1.0 tbsp (1 NLEA serving)	1.908
07041	Liver sausage, liverwurst, pork	18.0	1.0 slice (2-1/2" dia x 1/4" thick)	1.908
12024	Seeds, sesame seeds, whole, roasted and toasted	28.35	1.0 oz	1.906
12034	Seeds, sesame meal, partially defatted	28.35	1.0 oz	1.906
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.905
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.905
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	1.905
07927	Sausage, Italian, turkey, smoked	56.0	1.0 serving 2 oz	1.905
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	1.904
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	85.0	3.0 oz	1.904
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	1.904
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	1.903
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.903
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving ( 3 oz )	1.903
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	1.901
28165	KELLOGG'S, POP-TARTS, Chocolate Chip Cookie Dough Toaster Pastries	50.0	1.0 pastry	1.900
28193	KELLOGG'S, POP-TARTS, Yum-azing Vanilla Milkshake Toaster Pastries	50.0	1.0 pastry	1.900
20038	Oats	156.0	1.0 cup	1.899
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	1.897
18960	Crackers, snack, GOYA CRACKERS	30.0	1.0 serving (1 NLEA serving - about 4 crackers)	1.897

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
18148	Cheesecake prepared from mix, no-bake type	28.35	1.0 oz	1.897
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	1.894
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	1.892
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	1.891
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	114.0	4.0 oz	1.890
28010	KELLOGG'S, EGGO, Waffles, Buttermilk	70.0	2.0 waffles	1.890
28243	SUNSHINE, CHEEZ-IT, Hot & Spicy Crackers	30.0	25.0 crackers	1.890
28004	KELLOGG'S, EGGO, Pancakes, Chocolate Chip	105.0	3.0 pancakes	1.890
28037	JACKSON'S, Old Fashioned Lemon Jumble Cookies	32.0	3.0 cookies	1.888
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	85.0	3.0 oz	1.887
05137	Chicken, capons, giblets, raw	115.0	1.0 giblets	1.886
28272	MURRAY, Chocolate Creme Sandwich Cookies	29.0	3.0 cookies	1.885
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	1.884
36601	Restaurant, Chinese, egg rolls, assorted	89.0	1.0 piece	1.883
17220	Lamb, variety meats and by-products, tongue, raw	28.35	1.0 oz	1.880
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	114.0	4.0 oz	1.879
07054	Pate, goose liver, smoked, canned	13.0	1.0 tbsp	1.878
05282	Pate de foie gras, canned (goose liver pate), smoked	13.0	1.0 tbsp	1.878
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.878
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0	3.0 oz	1.876
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	1.876
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.874
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	244.0	1.0 cup	1.874
28178	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Hot Fudge Sundae Toaster Pastries	48.0	1.0 pastry	1.872
28181	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Strawberry Milkshake Toaster Pastries	48.0	1.0 pastry	1.872
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	1.870
16532	WORTHINGTON Prosage Roll, frozen, unprepared	55.0	1.0 slice , 5/8"	1.870
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.868
22984	KASHI, Chicken Pasta Pomodoro, Frozen Entree	283.0	1.0 package	1.868
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	510.0	1.0 serving	1.867
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	1.866
19091	Candies, YORK Peppermint Pattie	43.0	1.0 patty 1.5 oz	1.866
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.865
23427	Beef, New Zealand, imported, manufacturing beef, raw	113.0	4.0 oz	1.864



NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	1.864
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.863
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.862
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	14.0	1.0 tablespoon	1.862
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	21.0	1.0 slice 3/4 oz	1.858
28151	KEEBLER, TRADITIONS, Iced Oatmeal Cookies	32.0	4.0 cookies	1.856
28203	MOTHER'S, Iced Oatmeal Cookies	32.0	4.0 cookies	1.856
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	1.854
17189	Veal, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	1.853
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.852
28216	MURRAY, Old Fashioned Iced Oatmeal Cookies	33.0	5.0 cookies	1.848
21248	WENDY'S, Frosty Dairy Dessert	113.0	1.0 junior 6 oz. cup	1.848
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	1.847
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	190.0	6.0 inch sub	1.847
43278	Cheese, american cheddar, imitation	21.0	1.0 slice	1.846
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	1.842
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.841
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	28.35	1.0 oz	1.840
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.839
19820	Snacks, sesame sticks, wheat-based, unsalted	28.35	1.0 oz	1.837
19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	1.837
19878	Ice creams, BREYERS, All Natural Light Vanilla Chocolate Strawberry	68.0	1.0 serving 1/2 cup	1.836
04514	Oil, poppyseed	13.6	1.0 tablespoon	1.836
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	1.832
28280	SUNSHINE, CHEEZ-IT, Original Crackers	30.0	27.0 crackers	1.830
28245	SUNSHINE, CHEEZ-IT, Crackers (made with Whole Grain)	30.0	27.0 crackers	1.830
28236	SUNSHINE, CHEEZ-IT, BIG Crackers	30.0	13.0 crackers	1.830
28240	SUNSHINE, CHEEZ-IT, DuoZ Smoked Cheddar Monterey Jack Crackers	30.0	25.0 crackers	1.830
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.829
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	1.829
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.828
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	1.828
28276	MURRAY, SOUTHERN KITCHEN, Oatmeal Cookies	29.0	2.0 cookies	1.827
28264	KEEBLER, Oatmeal Cookies	29.0	2.0 cookies	1.827

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
23306	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	1.825
19150	Candies, REESE'S Peanut Butter Cups	17.0	1.0 package 0.6 oz 1 cup	1.824
16100	Peanut flour, low fat	60.0	1.0 cup	1.824
28179	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries	48.0	1.0 pastry	1.824
19524	Snacks, taro chips	28.35	1.0 oz	1.823
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85.0	3.0 oz	1.822
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	1.821
28015	KELLOGG'S, EGGO, Waffles, Homestyle	70.0	2.0 waffles	1.820
13331	Beef, variety meats and by-products, pancreas, raw	28.35	1.0 oz	1.817
28026	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Original	55.0	1.0 waffle	1.815
17310	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	1.815
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.812
17294	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	1.811
17375	Lamb, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	1.810
07018	Chicken spread	56.0	1.0 serving (1 serving)	1.809
21365	McDONALD'S, Hotcakes (with 2 pats margarine & syrup)	221.0	1.0 item	1.808
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	132.0	1.0 breast without skin	1.806
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.805
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.805
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.805
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	9.4	1.0 scoop	1.803
28152	KEEBLER, Vanilla Wafers Minis, Rainbow	30.0	18.0 cookies	1.800
28014	KELLOGG'S, EGGO, Waffles, French Toast	45.0	1.0 waffle	1.800
28043	KEEBLER, ANIMALS, Cookies	40.0	1.0 package 1 serving	1.800
28213	MURRAY, Duplex Creme Sandwich Cookies	29.0	3.0 cookies	1.798
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	1.797
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.797
22971	Potato salad with egg	125.0	0.5 cup	1.796
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	1.792
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	1.791
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	28.35	1.0 oz	1.788
43566	Snacks, tortilla chips, light (baked with less oil)	63.0	1.0 cup, crushed	1.787
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.785
07026	Ham, chopped, canned	28.35	1.0 oz	1.783

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	1.783
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	1.782
12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	1.781
12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	1.781
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	43.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.780
16087	Peanuts, all types, raw	28.35	1.0 oz	1.780
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	85.0	3.0 oz	1.778
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	1.778
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	113.0	4.0 oz	1.777
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	1.776
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.776
28103	KEEBLER, GRIPZ, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite-size	25.0	1.0 pouch	1.775
07044	USDA Commodity, luncheon meat, canned	45.0	1.0 serving	1.775
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	1.774
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.774
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	115.0	1.0 fillet	1.772
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.771
06451	Soup, pea, split with ham, canned, prepared with equal volume water	253.0	1.0 cup (8 fl oz)	1.771
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	238.0	1.0 cup	1.771
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.771
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	1.769
28214	MURRAY, Lemon Creme Sandwich Cookies	29.0	3.0 cookies	1.769
06051	Soup, pea, split with ham, canned, condensed	135.0	0.5 cup (4 fl oz)	1.768
17115	Veal, rib, separable lean only, cooked, roasted	85.0	3.0 oz	1.768
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.768
04545	Oil, sunflower, linoleic, (partially hydrogenated)	13.6	1.0 tbsp	1.768
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	85.0	3.0 oz	1.766
28106	KEEBLER, Almond Crescents Cookies, Holiday	28.0	4.0 cookies	1.764
04133	Salad dressing, french, home recipe	14.0	1.0 tablespoon	1.764
16160	Tofu, hard, prepared with nigari	122.0	0.25 block	1.763
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.763
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1.0 tbsp	1.761
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	1.761

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	1.760
28025	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Brown Sugar	55.0	1.0 waffle	1.760
17151	Game meat, beaver, cooked, roasted	85.0	3.0 oz	1.759
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	1.758
18188	Cookies, peanut butter, refrigerated dough, baked	28.35	1.0 oz	1.757
18990	AUSTIN, PB & J Crackers, sandwich-type	39.0	1.0 package	1.755
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.754
07090	Luncheon sausage, pork and beef	23.0	1.0 slice (4" dia x 1/8" thick)	1.753
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	1.752
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.750
28192	KELLOGG'S, POP-TARTS, Gingerbread Toaster Pastries	50.0	1.0 pastry	1.750
28173	KELLOGG'S, POP-TARTS, Frosted Sugar Cookie Toaster Pastries	50.0	1.0 pastry	1.750
28163	KELLOGG'S, POP-TARTS, Frosted Apple Strudel Toaster Pastries	50.0	1.0 pastry	1.750
28016	KELLOGG'S, EGGO Protein, Waffles, Homestyle	70.0	2.0 waffles	1.750
28164	KELLOGG'S, POP-TARTS, Frosted Blueberry Muffin Toaster Pastries	50.0	1.0 pastry	1.750
22899	Ravioli, cheese-filled, canned	242.0	1.0 cup	1.750
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.749
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	1.746
17000	Veal, Australian, rib, rib roast, separable lean only, raw	85.0	3.0 oz	1.745
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.743
18186	Cookies, peanut butter, commercially prepared, soft-type	28.35	1.0 oz	1.743
28273	MURRAY, Vanilla Creme Sandwich Cookies	29.0	3.0 cookies	1.740
18501	KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry	116.0	1.0 bar (NLEA serving)	1.740
28239	SUNSHINE, CHEEZ-IT, DuoZ Sharp Cheddar Parmesan Crackers	30.0	25.0 crackers	1.740
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	115.0	1.0 serving	1.739
21268	TACO BELL, Nachos	80.0	1.0 serving	1.738
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	1.738
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	233.0	1.0 cup	1.738
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	85.0	3.0 oz	1.734
22918	Burrito, bean and cheese, frozen	129.0	1.0 burrito	1.732
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz ( 1 serving )	1.731
21402	McDONALD'S, Premium Grilled Chicken Classic Sandwich	200.0	1.0 item 7 oz	1.730
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	85.0	3.0 oz	1.730
03048	Babyfood, macaroni and cheese, toddler	113.0	1.0 container	1.729

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.728
28231	MURRAY, SUGAR FREE, Vanilla Wafer	32.0	9.0 cookies	1.728
19181	Candies, YORK BITES	39.0	15.0 pieces	1.728
23418	Beef, New Zealand, imported, inside, raw	113.0	4.0 oz	1.727
19169	Egg custards, dry mix	85.0	1.0 package (3 oz)	1.725
21321	McDONALD'S, Hotcakes (plain)	149.0	3.0 hotcakes 5.3 oz	1.725
28393	PEPPERIDGE FARM, White Hoagie Roll	69.0	1.0 serving	1.725
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	1.725
17340	Game meat, elk, loin, separable lean only, cooked, broiled	114.0	1.0 steak ( yield from 148.1 g raw meat )	1.723
19124	Baking chocolate, mexican, squares	20.0	1.0 tablet	1.721
18355	Sweet rolls, cheese	28.35	1.0 oz	1.718
21346	McDONALD'S, NEWMAN'S OWN Cobb Dressing	62.0	2.0 fl oz	1.717
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	1.717
32016	Macaroni or noodles with cheese, microwaveable, unprepared	61.0	1.0 serving 1 pouch	1.717
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	9.5	1.0 scoop	1.712
17369	Lamb, New Zealand, imported, liver, raw	113.0	4.0 oz	1.711
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	1.710
18609	KEEBLER, Vanilla Wafers	30.0	8.0 cookies	1.710
28229	MURRAY, SUGAR FREE, Shortbread Cookies	30.0	8.0 cookies	1.710
28233	MURRAY, Vanilla Wafer	30.0	8.0 cookies	1.710
18997	KELLOGG'S, EGGO, French Toaster Sticks, Cinnamon	90.0	2.0 pieces	1.710
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	85.0	3.0 oz	1.709
16579	GARDENBURGER Original, frozen, unprepared	71.0	1.0 patty	1.704
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	1.702
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	85.0	3.0 oz	1.701
28169	KELLOGG'S, POP-TARTS, Frosted Cookies & Creme Toaster Pastries	50.0	1.0 pastry	1.700
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.700
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.700
28171	KELLOGG'S, POP-TARTS, Frosted Pumpkin Pie Toaster Pastries	50.0	1.0 pastry	1.700
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	1.700
07062	Picnic loaf, pork, beef	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	1.700
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	1.698
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	1.698
22986	KASHI Mayan Harvest Bake, frozen, unprepared	283.0	1.0 entree	1.698
12588	Nuts, cashew butter, plain, with salt added	16.0	1.0 tbsp	1.697

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
28212	MURRAY, COOKIE JAR CLASSICS, Coconut Bars Cookies	32.0	6.0 cookies	1.696
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	1.696
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.695
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.694
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	14.0	1.0 tbsp	1.692
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	14.0	1.0 tbsp	1.692
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	14.0	1.0 tbsp	1.692
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	14.0	1.0 tbsp	1.692
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.692
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.691
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	1.690
10121	Pork, fresh, variety meats and by-products, tongue, raw	28.35	1.0 oz	1.690
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.687
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.685
07065	Pork and beef sausage, fresh, cooked	13.0	1.0 link (raw dimensions: 4" long x 7/8" dia), cooked	1.685
03127	Babyfood, vegetables, spinach, creamed, strained	240.0	1.0 cup	1.685
32001	Rice and vermicelli mix, beef flavor, prepared with 80% margarine	247.0	1.0 cup	1.685
28109	KEEBLER, Iced Oatmeal Cookies	29.0	2.0 cookies	1.682
28219	MURRAY, SOUTHERN KITCHEN, Iced Oatmeal Cookies	29.0	2.0 cookies	1.682
18250	Doughnuts, cake-type, plain, sugared or glazed	28.35	1.0 oz	1.680
28234	SUNSHINE, CHEEZ-IT, Asiago Crackers	30.0	25.0 crackers	1.680
28235	SUNSHINE, CHEEZ-IT, Baby Swiss Crackers	30.0	25.0 crackers	1.680
28248	SUNSHINE, CHEEZ-IT, Pepper Jack Crackers	30.0	25.0 crackers	1.680
28006	KELLOGG'S, CINNABON, Pancakes, Original	105.0	3.0 pancakes	1.680
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.680
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.678
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	1.678
04609	Animal fat, bacon grease	4.3	1.0 tsp	1.677
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	142.0	1.0 breast without skin	1.676
16554	MORNINGSTAR FARMS Tomato & Basil Pizza Burger, frozen, unprepared	67.0	1.0 burger	1.675
28242	SUNSHINE, GRIPZ, Cheez-It Mixx and Cheesy Pizza Crackers	25.0	1.0 pouch	1.675
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	140.0	1.0 breast, without skin	1.674
18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	1.674
28207	MOTHER'S, Old Fashioned Iced Oatmeal Cookies	31.0	2.0 cookies	1.674

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	1.673
23477	Beef, ground, 97% lean meat / 3% fat, raw	113.0	4.0 oz	1.672
17271	Veal, breast, whole, boneless, separable lean and fat, raw	28.35	1.0 oz	1.672
20132	Oat flour, partially debranned	104.0	1.0 cup	1.671
18615	MARTHA WHITE FOODS, Martha White's Buttermilk Biscuit Mix, dry	41.0	1.0 serving	1.669
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.668
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	1.667
06391	CAMPBELL'S CHUNKY, Creamy Chicken and Dumplings Soup	245.0	1.0 cup	1.666
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.666
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	85.0	3.0 oz	1.665
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	1.664
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52.0	1.0 pastry	1.664
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving ( 3 oz )	1.663
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.663
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.663
18961	Crackers, cream, GAMESA SABROSAS	31.0	11.0 crackers (1 NLEA serving)	1.662
18316	Pie, coconut custard, commercially prepared	28.35	1.0 oz	1.660
21138	Fast foods, potato, french fried in vegetable oil	71.0	1.0 serving small	1.659
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	1.658
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	1.658
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	1.653
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	1.653
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	1.650
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	1.650
28237	SUNSHINE, CHEEZ-IT, Cheddar Jack Crackers	30.0	25.0 crackers	1.650
28247	SUNSHINE, CHEEZ-IT, Parmesan Garlic Crackers	30.0	25.0 crackers	1.650
28244	SUNSHINE, CHEEZ-IT, Italian Four Cheese Crackers	30.0	25.0 crackers	1.650
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	1.650
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	1.648
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	28.35	1.0 oz	1.648
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	1.644
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	1.644
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	95.0	1.0 drumstick without skin	1.644
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	28.35	1.0 oz	1.643

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	28.35	1.0 oz	1.643
18187	Cookies, peanut butter, refrigerated dough	28.35	1.0 oz	1.642
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	1.639
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	1.638
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	1.638
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	1.638
05315	Duck, young duckling, domesticated, White Pekin, breast, meat and skin, boneless, cooked, roasted	56.0	1.0 unit (yield from 1 lb ready-to-cook duck)	1.636
18205	Cookies, sugar, refrigerated dough	33.0	1.0 serving	1.635
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	149.0	1.0 thigh without skin	1.635
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	1.634
25009	Snacks, M&M MARS, KUDOS Whole Grain Bar, M&M's milk chocolate	24.0	1.0 bar	1.632
17100	Veal, leg (top round), separable lean only, cooked, braised	85.0	3.0 oz	1.632
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.632
04684	Margarine, 80% fat, tub, CANOLA HARVEST Soft Spread (canola, palm and palm kernel oils)	14.0	1.0 tablespoon (1 NLEA serving)	1.631
23502	USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked	28.35	1.0 oz	1.628
04145	Salad dressing, mayonnaise, soybean oil, without salt	13.8	1.0 tablespoon	1.628
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.628
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	1.627
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	124.0	1.0 cup	1.627
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	1.624
01125	Egg, yolk, raw, fresh	17.0	1.0 large	1.624
01238	Ice cream sandwich	70.0	1.0 serving	1.622
04583	Oil, mustard	14.0	1.0 tbsp	1.621
12077	Nuts, beechnuts, dried	28.35	1.0 oz	1.621
28246	SUNSHINE, CHEEZ-IT, Mozzarella Crackers	30.0	25.0 crackers	1.620
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.619
04581	Oil, avocado	14.0	1.0 tbsp	1.618
43598	Mayonnaise dressing, no cholesterol	15.0	1.0 tbsp	1.618
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	1.616
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	85.0	3.0 oz	1.616
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	1.615
17171	Game meat, horse, cooked, roasted	85.0	3.0 oz	1.615
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	1.614
22990	KASHI, STEAM MEAL, Roasted Garlic Chicken Farfalle, Frozen Entree	269.0	1.0 package	1.614
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.612



NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
21238	McDONALD'S, french fries	71.0	1.0 small serving	1.612
18490	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted wild berry	52.0	1.0 pastry	1.612
18489	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted strawberry	52.0	1.0 pastry	1.612
28172	KELLOGG'S, POP-TARTS, Frosted Spring Berry Toaster Pastries	52.0	1.0 pastry	1.612
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	1.612
18430	Danish pastry, cinnamon, unenriched	28.35	1.0 oz	1.611
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	1.611
16510	WORTHINGTON Chili, canned, unprepared	230.0	1.0 cup	1.610
28000	KELLOGG'S, EGGO, Mini Muffin Tops, Chocolate Chip	46.0	1.0 set	1.610
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.606
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	1.606
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	1.606
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	1.605
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.604
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.601
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.601
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	1.601
19892	Frozen novelties, Sugar Free, CREAMSICLE Pops	80.0	1.0 serving 2 pops	1.600
28241	SUNSHINE, GRIPZ, Cheez-It Crackers	25.0	1.0 package	1.600
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	1.600
18985	AUSTIN, Chocolatey Peanut Butter Crackers, sandwich-type	39.0	1.0 package	1.599
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	85.0	3.0 oz	1.599
15176	Mollusks, squid, mixed species, cooked, fried	85.0	3.0 oz	1.596
28208	MOTHER'S, Peanut Butter Gauchos Cookies	38.0	2.0 cookies	1.596
28108	KEEBLER, Holiday Jingles Cookies	29.0	6.0 cookies	1.595
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.594
28269	MOTHER'S, Old Fashioned Oatmeal Cookies	27.0	2.0 cookies	1.593
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	295.0	1.0 bottle	1.593
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	1.593
07039	Lebanon bologna, beef	57.0	1.0 serving 2 slices	1.593
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	85.0	3.0 oz	1.592
28101	KEEBLER, Cinnamon Toast Grahams	37.0	1.0 package	1.591
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.590
28275	MURRAY, Old Fashioned Gingersnaps Cookies	30.0	5.0 cookies	1.590
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	1.590

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	1.589
17203	Veal, variety meats and by-products, liver, cooked, braised	80.0	1.0 slice	1.589
36039	Restaurant, family style, hash browns	94.0	1.0 cup	1.588
18237	Cream puff shell, prepared from recipe	28.35	1.0 oz	1.587
06426	Soup, chili beef, canned, prepared with equal volume water	261.0	1.0 cup	1.587
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	1.584
18987	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type, reduced fat	36.0	1.0 package	1.584
21249	BURGER KING, french fries	74.0	1.0 small serving	1.581
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.581
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	1.581
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	1.581
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	1.573
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	1.572
07901	USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked	28.35	1.0 oz	1.568
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	1.568
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.567
12084	Nuts, butternuts, dried	120.0	1.0 cup	1.567
31029	Potatoes, french fried, wedge cut, frozen, unprepared	85.0	3.0 oz	1.567
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	152.0	1.0 breast without skin	1.566
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	28.0	1.0 bar (1 oz)	1.565
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.565
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.565
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	1.564
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	1.564
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	1.564
10803	USDA Commodity, pork, ground, fine/coarse, frozen, cooked	28.35	1.0 oz grilled patties	1.564
01123	Egg, whole, raw, fresh	50.0	1.0 large	1.563
35237	Tamales, masa and pork filling (Hopi)	113.0	4.0 oz	1.563
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	1.563
06044	Soup, mushroom with beef stock, canned, condensed	126.0	0.5 cup (4 fl oz)	1.562
12088	Nuts, cashew butter, plain, without salt added	16.0	1.0 tbsp	1.562
06444	Soup, mushroom with beef stock, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	1.562
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.561
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	1.561
18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 oz	1.560

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	153.0	5.0 fl oz	1.558
01131	Egg, whole, cooked, poached	50.0	1.0 large	1.556
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1.0 tbsp	1.556
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	85.0	3.0 oz	1.556
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	107.0	1.0 serving 100 ml	1.555
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	38.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.554
28117	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Brownies	21.0	1.0 package	1.554
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.554
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	1.554
36401	Restaurant, Latino, chicken and rice, entree, prepared	141.0	1.0 cup	1.552
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	85.0	3.0 oz	1.551
16399	Peanut butter with omega-3, creamy	16.0	1.0 tbsp	1.551
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.550
28176	KELLOGG'S, POP-TARTS, Frosted Wild Grape Toaster Pastries	50.0	1.0 pastry	1.550
28177	KELLOGG'S, POP-TARTS, Frosted Wild Strawberry Toaster Pastries	50.0	1.0 pastry	1.550
28175	KELLOGG'S, POP-TARTS, Frosted Wild Fruit Fusion Toaster Pastries	50.0	1.0 pastry	1.550
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	244.0	1.0 cup	1.549
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	113.0	4.0 oz	1.548
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	113.0	4.0 oz	1.548
17138	Veal, sirloin, separable lean only, cooked, braised	85.0	3.0 oz	1.547
17194	Veal, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	1.547
18168	Cookies, chocolate sandwich, with extra creme filling	28.35	1.0 oz	1.546
11671	Potatoes, o'brien, home-prepared	194.0	1.0 cup	1.546
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	1.545
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	1.545
01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 container (6 oz)	1.545
06149	Soup, chicken mushroom, canned, condensed	124.0	0.5 cup	1.545
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	1.545
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	1.545
15238	Fish, salmon, coho, farmed, raw	85.0	3.0 oz	1.544
18333	Pie crust, standard-type, dry mix, prepared, baked	20.0	1.0 piece (1/8 of 9" crust)	1.542
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	27.0	0.75 cup (1 NLEA serving)	1.541
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	1.540
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	1.540

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	1.540
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	1.540
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	1.540
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	55.0	0.75 cup (1 NLEA serving)	1.540
18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	1.539
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	28.35	1.0 oz	1.539
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	28.35	1.0 oz	1.539
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	1.539
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	1.538
25064	Snacks, potato chips, lightly salted	28.0	23.0 pieces	1.537
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	1.536
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	1.536
05216	Turkey, back, from whole bird, meat only, roasted	85.0	3.0 oz	1.536
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	1.536
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	1.536
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	1.536
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	114.0	4.0 oz	1.536
18998	KELLOGG'S, EGGO, French Toaster Sticks, Original	90.0	2.0 pieces	1.530
28271	MURRAY, COOKIE JAR CLASSICS, Butter Cookies	30.0	8.0 cookies	1.530
18994	BEAR NAKED, Fruit & Nut Cookies	30.0	1.0 cookie	1.530
42161	Bologna, beef, low fat	28.0	1.0 slice	1.530
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	106.0	1.0 Serving 100 ml	1.530
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	1.529
18103	Coffeecake, cheese	28.35	1.0 oz	1.528
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	1.528
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	28.35	1.0 oz	1.528
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	30.0	1.0 piece (1/8 of 9" crust)	1.528
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.527
28352	Cookies, vanilla sandwich with creme filling, reduced fat	48.0	1.0 serving cookie	1.524
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	14.0	1.0 tbsp	1.524
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.522
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	1.521
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.520
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz	1.520

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
28154	KEEBLER, Vienna Fingers with Creme Filling, Reduced Fat	31.0	2.0 cookies	1.519
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.519
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.517
43417	Babyfood, meat, beef with vegetables, toddler	179.0	1.0 jar NFS	1.516
18529	ARCHWAY Home Style Cookies, Frosty Lemon	26.0	1.0 serving	1.516
16009	Beans, baked, canned, with pork	253.0	1.0 cup	1.515
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	1.514
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	1.512
06147	Soup, beef mushroom, canned, condensed	126.0	0.5 cup (4 fl oz)	1.512
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	142.0	0.5 cup From 19211	1.511
18499	KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake	116.0	3.0 pancakes (NLEA serving)	1.508
18488	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry	52.0	1.0 pastry	1.508
05151	Guinea hen, meat and skin, raw	85.0	3.0 oz	1.504
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	138.0	1.0 cup pieces	1.504
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber	27.0	1.0 cake 1 serving	1.504
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	1.504
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.504
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	1.502
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	1.502
06590	CAMPBELL'S Soup on the Go, Creamy Chicken Soup	305.0	1.0 container	1.501
06482	CAMPBELL'S Low Sodium Soups, Chicken with Noodles Soup	305.0	1.0 serving 1 container	1.501
06592	CAMPBELL'S Soup on the Go, Creamy Tomato Soup	305.0	1.0 container	1.501
06343	CAMPBELL'S Red and White, Creamy Chicken Noodle Soup, condensed	124.0	1.0 serving 1/2 cup	1.500
06340	CAMPBELL'S Red and White, Cream of Onion Soup, condensed	124.0	1.0 serving 1/2 cup	1.500
06333	CAMPBELL'S Red and White, Cream of Broccoli Soup, condensed	124.0	1.0 serving 1/2 cup	1.500
06337	CAMPBELL'S, Cream of Chicken with Herbs Soup, condensed	124.0	0.5 cup condensed	1.500
05354	USDA Commodity, turkey taco meat, frozen, cooked	85.0	3.0 oz	1.500
32025	Dumpling, potato- or cheese-filled, frozen	114.0	3.0 pieces pierogies	1.500
06222	PREGO Pasta, Diced Onion and Garlic Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	1.500
06225	PREGO Pasta, Garlic Supreme Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	1.500
06117	CAMPBELL'S Red and White, Bean with Bacon Soup, condensed	128.0	1.0 serving 1/2 cup	1.500
04703	Salad dressing, honey mustard, regular	30.0	2.0 tbsp	1.500
28045	KEEBLER, ANIMALS, Iced Cookies	30.0	6.0 cookies 1 serving	1.500
06231	PREGO Pasta, Mushroom and Parmesan Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	1.500
22944	SUPPER BAKES MEAL KITS, Creamy Stroganoff Sauce with pasta	125.0	1.0 serving	1.500

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
12157	Nuts, walnuts, dry roasted, with salt added	28.0	1.0 oz	1.500
19228	Frostings, cream cheese-flavor, ready-to-eat	33.0	2.0 tbsp creamy	1.500
06319	Gravy, CAMPBELL'S, country style sausage	59.0	0.25 cup	1.500
06321	Gravy, CAMPBELL'S, golden pork	59.0	0.25 cup	1.500
06541	CAMPBELL'S Homestyle Italian-Style Wedding Soup	245.0	1.0 cup	1.499
06241	CAMPBELL'S CHUNKY Microwavable Bowls, Beef with Country Vegetables Soup, ready-to-serve	245.0	1.0 serving 1 cup	1.499
06252	CAMPBELL'S CHUNKY Microwavable Bowls, Sirloin Burger with Country Vegetables Soup, ready-to-serve	245.0	1.0 serving 1 cup	1.499
06379	CAMPBELL'S Red and White, Tomato Bisque, condensed	126.0	1.0 serving 1/2 cup	1.499
06399	CAMPBELL'S CHUNKY Soups, Grilled Chicken & Sausage Gumbo Soup	245.0	1.0 cup	1.499
21059	Fast foods, shrimp, breaded and fried	39.0	3.0 pieces shrimp	1.499
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	28.35	1.0 oz	1.497
05150	Goose, liver, raw	94.0	1.0 liver	1.495
12007	Seeds, cottonseed flour, partially defatted (glandless)	94.0	1.0 cup	1.493
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	1.493
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.492
06547	Soup, beef mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	1.488
06039	Soup, minestrone, canned, chunky, ready-to-serve	240.0	1.0 cup	1.488
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	1.488
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	1.486
06404	Soup, bean with pork, canned, prepared with equal volume water	266.0	1.0 serving 1 cup	1.484
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.482
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	1.482
28351	Cookies, Marie biscuit	28.0	5.0 cookie	1.481
17427	Veal, loin, chop, separable lean only, cooked, grilled	85.0	3.0 oz	1.481
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.481
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	245.0	1.0 cup	1.480
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	33.0	2.0 tablespoon	1.479
17198	Veal, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	1.479
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	8.8	1.0 scoop	1.478
06125	Gravy, turkey, canned, ready-to-serve	238.0	1.0 cup	1.476
06046	Soup, cream of onion, canned, condensed	126.0	0.5 cup	1.474
12170	Seeds, sesame flour, high-fat	28.35	1.0 oz	1.473

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
28048	KEEBLER, BAKER'S TREASURES, Oatmeal Raisin Cookie, soft	32.0	2.0 cookies	1.472
28024	KELLOGG'S, EGGO, Waffles, Strawberry	70.0	2.0 waffles	1.470
28254	SUNSHINE, CHEEZ-IT, Snack Mix, White Cheddar	30.0	0.5 cup 25 crackers	1.470
28012	KELLOGG'S, EGGO, FIBERPLUS Waffles, Buttermilk	70.0	2.0 waffles	1.470
28009	KELLOGG'S, EGGO, Waffles, Blueberry	70.0	2.0 waffles	1.470
28038	JACKSON'S, Old Fashioned Vanilla Wafers	30.0	8.0 cookies	1.470
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	115.0	1.0 serving	1.470
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.470
43410	Chicken, meatless, breaded, fried	130.0	1.0 cup, diced	1.469
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	1.469
19010	Snacks, crisped rice bar, chocolate chip	28.0	1.0 bar (1 oz)	1.467
06446	Soup, cream of onion, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	1.464
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	1.463
25062	Snack, Mixed Berry Bar	38.0	1.0 bar	1.461
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	1.460
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	1.460
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	107.0	1.0 Serving 100 ml	1.459
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	1.459
21420	KFC, Coleslaw	112.0	1.0 package	1.459
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	1.459
35141	Mutton, cooked, roasted (Navajo)	28.35	1.0 oz	1.458
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	1.457
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	113.0	4.0 oz	1.457
18487	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores	52.0	1.0 pastry	1.456
04135	Salad dressing, home recipe, vinegar and oil	16.0	1.0 tablespoon	1.456
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	1.455
05647	Ostrich, inside strip, cooked	85.0	1.0 serving ( 3 oz )	1.454
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	1.454
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.453
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	240.0	1.0 cup	1.452
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.450
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.450
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.447

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	252.0	1.0 cup	1.446
01153	Milk, canned, evaporated, with added vitamin A	31.5	1.0 fl oz	1.446
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	1.446
20031	Millet, raw	200.0	1.0 cup	1.446
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.446
05156	Pheasant, leg, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-eat pheasant)	1.445
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	1.445
16555	MORNINGSTAR FARMS Buffalo Wings, frozen, unprepared	85.0	5.0 Wings	1.445
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	85.0	3.0 oz	1.445
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	1.445
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.445
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	1.445
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	1.445
07003	Beerwurst, beer salami, pork	23.0	1.0 slice (4" dia x 1/8" thick)	1.444
28265	KEEBLER, Cheese & Peanut Butter Sandwich Crackers	39.0	1.0 package	1.443
28256	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type	39.0	1.0 package	1.443
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	35.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.442
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	142.0	0.5 cup From 19211	1.441
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	241.0	1.0 cup	1.439
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	1.438
05652	Ostrich, oyster, cooked	85.0	1.0 serving ( 3 oz )	1.436
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	1.436
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	14.3	1.0 tbsp	1.436
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	1.434
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	198.0	6.0 inch sub	1.434
21211	SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	198.0	6.0 inch sub	1.434
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.431
28259	KELLOGG'S, EGGO Minis, Pancakes, Buttermilk	110.0	11.0 pancakes	1.430
18635	PILLSBURY, Cinnamon Rolls with Icing, refrigerated dough	44.0	1.0 serving 1 roll with icing	1.430
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	113.0	4.0 oz	1.429
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	1.429
28122	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies	21.0	1.0 pouch	1.428
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	147.0	0.5 cup From 19191	1.427
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	1.424
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	43.0	1.0 piece	1.424



NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
17349	Veal, Australian, shank, fore, bone-in, separable lean only, raw	85.0	3.0 oz	1.421
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.420
16436	Winged beans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	1.419
16136	Winged beans, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	1.419
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.419
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	28.35	1.0 oz	1.417
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	1.416
28031	GIRL SCOUTS, Do-si-dos Cookies	24.0	2.0 cookies	1.416
18240	Croissants, apple	28.35	1.0 oz	1.416
22997	KASHI, Tuscan Veggie Bake, Frozen Entree	283.0	1.0 package	1.415
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	1.414
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	1.413
04674	Margarine-like spread, SMART BALANCE Light Buttery Spread	14.0	1.0 tbsp	1.412
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	1.411
15053	Fish, milkfish, raw	85.0	3.0 oz	1.411
42137	Salad dressing, peppercorn dressing, commercial, regular	13.4	1.0 tbsp	1.411
28157	KEEBLER, WHEATABLES, Honey Wheat Crackers	30.0	17.0 crackers	1.410
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	85.0	3.0 oz	1.409
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	1.408
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.408
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	14.0	1.0 tbsp	1.406
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.405
28257	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type	39.0	1.0 package	1.404
28110	KEEBLER, Toast & Peanut Butter Sandwich Crackers	39.0	1.0 package	1.404
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	48.0	1.0 tortilla	1.404
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	1.402
15185	Fish, tuna, white, canned in oil, without salt, drained solids	85.0	3.0 oz	1.402
06038	CAMPBELL'S, Cheddar Cheese Soup, condensed	124.0	0.5 cup condensed	1.401
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	1.401
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1.0 tbsp	1.401
28021	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Original	70.0	2.0 waffles	1.400
28019	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Honey Oat	70.0	2.0 waffles	1.400
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	1.400
15156	Mollusks, abalone, mixed species, cooked, fried	85.0	3.0 oz	1.399

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
07004	Sausage, Berliner, pork, beef	23.0	1.0 slice	1.398
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	85.0	3.0 oz	1.397
21139	Fast foods, potato, mashed	242.0	1.0 cup	1.396
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	15.0	1.0 container, individual	1.396
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	1.396
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.394
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	28.35	1.0 oz	1.394
18418	Cake, pound, commercially prepared, other than all butter, unenriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	1.394
18121	Cake, pound, commercially prepared, other than all butter, enriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	1.394
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	1.392
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	28.0	1.0 link	1.391
03077	Babyfood, dinner, pasta with vegetables	113.0	1.0 jar, Gerber (4 oz)	1.390
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	28.35	1.0 oz	1.389
07935	Oven-roasted chicken breast roll	56.0	1.0 serving 2 oz	1.389
42280	Frankfurter, meat and poultry, low fat	143.0	1.0 cup, sliced	1.387
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	1.385
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	1.385
18633	PILLSBURY GRANDS, Buttermilk Biscuits, refrigerated dough	34.0	1.0 biscuit	1.384
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	1.383
04584	Oil, sunflower, high oleic (70% and over)	14.0	1.0 tbsp	1.380
12012	Seeds, hemp seed, hulled	30.0	3.0 tbsp	1.380
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	85.0	3.0 oz	1.380
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA	30.5	1.0 fl oz	1.379
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.378
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	1.378
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	1.378
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	13.6	1.0 tablespoon	1.376
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	1.376
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	1.375
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	1.374
04060	Oil, sunflower, linoleic (less than 60%)	13.6	1.0 tbsp	1.374
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	1.373
28288	Bread, roll, Mexican, bollilo	98.0	1.0 piece	1.373

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.373
15005	Fish, bluefish, raw	150.0	1.0 fillet	1.372
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	1.372
15189	Fish, bluefish, cooked, dry heat	117.0	1.0 fillet	1.371
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	1.370
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	1.370
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	85.0	3.0 oz	1.370
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	1.370
18434	Crackers, cheese, low sodium	14.2	0.5 oz	1.369
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.368
19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	1.365
43274	Cheese, cream, low fat	15.0	1.0 tbsp	1.365
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	143.0	1.0 drumstick with skin	1.364
01239	Ice cream cookie sandwich	82.0	1.0 serving	1.364
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	1.363
15110	Fish, swordfish, raw	85.0	3.0 oz	1.362
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	1.360
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	1.359
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	1.358
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	1.357
06449	Soup, pea, green, canned, prepared with equal volume water	259.0	1.0 serving 1 cup	1.357
06965	Soup, pea, low sodium, prepared with equal volume water	259.0	1.0 cup	1.357
21421	KFC, Crispy Chicken Strips	47.0	1.0 strip	1.357
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	1.356
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	1.356
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	1.354
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	1.354
28252	SUNSHINE, CHEEZ-IT, Scrabble Jr. Crackers	30.0	26.0 crackers	1.350
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	1.350
16607	MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared	71.0	1.0 patty	1.349
18180	Cookies, oatmeal, dry mix	28.35	1.0 oz	1.348
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	1.347
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	51.0	1.0 pastry	1.345
28084	KEEBLER, FUDGE SHOPPE, Fudge-Dipped Ice Cream Cups	8.0	1.0 cup	1.344

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	1.344
17215	Lamb, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	1.343
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.343
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	1.343
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	113.0	4.0 oz	1.341
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.341
13346	Beef, cured, corned beef, brisket, raw	28.35	1.0 oz	1.341
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	113.0	4.0 oz	1.339
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	1.339
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	1.335
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.333
11853	Soybeans, green, cooked, boiled, drained, with salt	180.0	1.0 cup	1.332
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	1.332
15056	Fish, mullet, striped, cooked, dry heat	93.0	1.0 fillet	1.331
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	251.0	1.0 cup	1.330
18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	1.330
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.329
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.329
28306	Bread, chapati or roti, plain, commercially prepared	68.0	1.0 piece	1.328
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.328
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	295.0	1.0 bottle	1.328
19147	Candies, peanut bar	28.35	1.0 oz	1.326
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	1.324
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.323
18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	1.323
21141	BURGER KING, Vanilla Shake	24.8	1.0 fl oz	1.323
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.323
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.323
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.322
19154	Candies, sesame crunch	28.35	1.0 oz	1.322
19440	Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip	28.0	1.0 bar	1.316
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	1.316
19063	Snacks, tortilla chips, taco-flavor	28.35	1.0 oz	1.315
16047	Beans, yellow, mature seeds, raw	196.0	1.0 cup	1.315
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.315

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	1.313
15128	Fish, tuna salad	85.0	3.0 oz	1.312
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	1.309
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	1.309
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.306
04517	Oil, grapeseed	13.6	1.0 tablespoon	1.306
28046	KEEBLER, ANIMALS, Crackers	29.0	8.0 crackers 1 serving	1.305
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	1.305
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	1.304
15183	Fish, tuna, light, canned in oil, without salt, drained solids	85.0	3.0 oz	1.304
22988	KASHI, Pilaf, 7 Whole Grain, unprepared	140.0	0.5 cup	1.302
15113	Fish, tilefish, cooked, dry heat	150.0	0.5 fillet	1.302
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	1.302
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.301
10853	HORMEL ALWAYS TENDER, Pork Tenderloin, Peppercorn-Flavored	112.0	4.0 oz	1.299
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	1.298
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	1.298
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	28.35	1.0 oz	1.296
19120	Candies, milk chocolate	7.0	1.0 bar, miniature	1.296
07033	Ham and cheese spread	15.0	1.0 tbsp	1.293
43015	Salad dressing, caesar dressing, regular	14.7	1.0 tbsp	1.292
07958	Turkey sausage, fresh, cooked	57.0	1.0 serving	1.292
18533	ARCHWAY Home Style Cookies, Iced Oatmeal	28.0	1.0 serving	1.291
18544	ARCHWAY Home Style Cookies, Raspberry Filled	25.0	1.0 serving	1.290
18547	ARCHWAY Home Style Cookies, Strawberry Filled	25.0	1.0 serving	1.290
16556	MORNINGSTAR FARMS Chik'n Nuggets, frozen, unprepared	86.0	4.0 nuggets	1.290
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	1.289
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	1.288
18999	KELLOGG'S, EGGO, Mini Muffin Tops, Blueberry	46.0	1.0 set	1.288
28107	KEEBLER, Gingerbread Men Cookies, Holiday	33.0	5.0 cookies	1.287
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	14.9	1.0 tbsp	1.287
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	1.287
11286	Onions, yellow, sauteed	87.0	1.0 cup chopped	1.285
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	1.283

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	1.281
05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0	4.0 oz	1.281
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	1.281
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	1.281
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	103.0	1.0 serving 100 ml	1.279
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	1.279
17212	Veal, variety meats and by-products, pancreas, raw	28.35	1.0 oz	1.279
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	170.0	1.0 container	1.278
16534	WORTHINGTON Stakelets, frozen, unprepared	71.0	1.0 piece	1.278
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.277
21525	PIZZA HUT, breadstick, parmesan garlic	43.0	1.0 breadstick	1.275
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	43.0	1.0 breadstick	1.275
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.275
18213	Cookies, vanilla wafers, higher fat	30.0	8.0 wafers	1.274
03073	Babyfood, dinner, vegetables chicken, strained	256.0	1.0 cup	1.270
19209	Puddings, tapioca, dry mix, prepared with 2% milk	128.0	0.5 cup	1.268
17126	Veal, shoulder, arm, separable lean only, cooked, braised	85.0	3.0 oz	1.266
16527	WORTHINGTON Meatless Corned Beef Roll, frozen, unprepared	55.0	2.0 slices , 3/8"	1.265
16533	WORTHINGTON Smoked Turkey Roll, frozen, unprepared	55.0	1.0 slice , 3/8"	1.265
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.265
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1.0 oz	1.264
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	28.35	1.0 oz	1.264
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	1.263
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	85.0	3.0 oz	1.263
03096	Babyfood, vegetable, green beans and potatoes	113.0	1.0 jar, Gerber (4 oz)	1.262
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	1.261
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	1.261
28040	KASHI, TLC, Oatmeal Dark Chocolate Cookies	30.0	1.0 cookie	1.260
28005	KELLOGG'S, CINNABON, Pancakes, Caramel	105.0	3.0 pancakes	1.260
28018	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Blueberry	70.0	2.0 waffles	1.260
28003	KELLOGG'S, EGGO, Pancakes, Blueberry	105.0	3.0 pancakes	1.260
16513	WORTHINGTON FriChik Original, canned, unprepared	90.0	2.0 pieces	1.260
20008	Buckwheat	170.0	1.0 cup	1.260
17210	Lamb, variety meats and by-products, pancreas, raw	28.35	1.0 oz	1.259
18189	Cookies, peanut butter, prepared from recipe	28.35	1.0 oz	1.258

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.255
28307	Bread, naan, plain, commercially prepared, refrigerated	90.0	1.0 piece	1.254
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.250
28168	KELLOGG'S, POP-TARTS, Frosted Confetti Cake Toaster Pastries	50.0	1.0 pastry	1.250
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.250
20033	Oat bran, raw	94.0	1.0 cup	1.248
07055	Pate, liver, not specified, canned	13.0	1.0 tbsp	1.244
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA	8.7	1.0 scoop	1.243
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	85.0	3.0 oz	1.242
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	1.242
03085	Babyfood, dinner, vegetables and turkey, junior	256.0	1.0 cup	1.242
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.0	1.0 tbsp	1.241
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	1.241
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	66.0	0.5 cup	1.241
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	1.240
04707	Oil, flaxseed, contains added sliced flaxseed	13.7	1.0 tablespoon	1.239
19208	Puddings, rice, dry mix, prepared with 2% milk	128.0	0.5 cup	1.238
04528	Oil, walnut	13.6	1.0 tbsp	1.238
03062	Babyfood, dinner, vegetables and ham, junior	256.0	1.0 cup	1.236
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	92.0	1.0 steak ( yield from 123.5 g raw meat )	1.235
42291	Peanut butter, reduced sodium	16.0	1.0 tbsp	1.235
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	1.234
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	1.234
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	1.233
21319	McDONALD'S, Hash Brown	53.0	1.0 serving 1 patty	1.233
04630	Margarine Spread, approximately 48% fat, tub	14.0	1.0 tbsp	1.231
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	1.230
18993	BEAR NAKED, Double Chocolate Cookies	30.0	1.0 cookie	1.230
28039	KASHI, TLC, Happy Trail Mix Cookies	30.0	1.0 cookie	1.230
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	1.230
13149	Beef, rib, shortribs, separable lean only, choice, raw	28.35	1.0 oz	1.228
06064	Soup, turkey, chunky, canned, ready-to-serve	236.0	1.0 cup (8 fl oz)	1.227
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	1.227
18016	Biscuits, plain or buttermilk, prepared from recipe	28.35	1.0 oz	1.226

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	31.0	1.0 fl oz	1.225
04642	Oil, industrial, mid-oleic, sunflower	13.6	1.0 tablespoon	1.225
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	1.224
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	85.0	3.0 oz	1.223
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	1.223
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.223
19188	Puddings, chocolate, dry mix, regular	99.0	1.0 package (3.5 oz)	1.222
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	1.221
42231	Oil, flaxseed, cold pressed	13.6	1.0 tbsp	1.221
06453	Soup, cream of potato, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	1.220
07011	Bologna, turkey	28.0	0.99 oz 1 serving	1.219
15195	Fish, drum, freshwater, cooked, dry heat	85.0	3.0 oz	1.219
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.217
01056	Cream, sour, cultured	12.0	1.0 tbsp	1.217
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	1.216
28215	MURRAY, JACKS Vanilla Wafers	32.0	9.0 cookies	1.216
05650	Ostrich, outside strip, cooked	85.0	1.0 serving ( 3 oz )	1.216
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	1.215
05158	Quail, meat only, raw	92.0	1.0 quail	1.214
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	1.214
31027	Potatoes, yellow fleshed, french fried, frozen, unprepared	85.0	3.0 oz	1.213
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	1.213
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.210
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	1.210
08411	Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry	50.0	1.0 packet (1 NLEA serving)	1.210
06030	Soup, clam chowder, new england, canned, condensed	126.0	0.5 cup	1.208
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.208
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	1.207
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	1.206
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.205
06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	1.203
18157	Cookies, chocolate wafers	28.35	1.0 oz	1.202
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	1.202
18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	1.201
20035	Quinoa, uncooked	170.0	1.0 cup	1.200



NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
28104	KEEBLER, GRIPZ, Chocolate Chip Grahams, bite-size	25.0	1.0 pouch	1.200
28249	SUNSHINE, CHEEZ-IT, White Cheddar, Reduced Fat Crackers	30.0	25.0 crackers	1.200
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	27.0	1.0 cup (1 NLEA serving)	1.199
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	114.0	4.0 oz	1.199
05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.199
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.198
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	1.198
05621	Emu, ground, raw	117.0	1.0 patty	1.196
15075	Fish, sablefish, smoked	28.35	1.0 oz	1.194
13322	Beef, variety meats and by-products, heart, cooked, simmered	85.0	3.0 oz	1.193
05162	Squab, (pigeon), light meat without skin, raw	101.0	1.0 breast, bone removed	1.192
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.192
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	1.192
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	1.191
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	1.191
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	1.190
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.190
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.189
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	1.187
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	113.0	4.0 oz	1.186
18198	Cookies, chocolate chip, commercially prepared, special dietary	28.35	1.0 oz	1.186
01259	Cheese spread, American or Cheddar cheese base, reduced fat	21.0	1.0 piece	1.186
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	1.185
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	1.185
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	1.184
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	1.184
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	85.0	3.0 oz	1.183
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.183
13334	Beef, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	1.182
21152	SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	207.0	6.0 inch sub	1.180
15009	Fish, carp, cooked, dry heat	85.0	3.0 oz	1.180
19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	1.179
19823	Potato chips, without salt, reduced fat	28.35	1.0 oz	1.179
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	1.178
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	1.176

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	1.176
10852	HORMEL ALWAYS TENDER, Pork Tenderloin, Teriyaki-Flavored	112.0	4.0 oz	1.176
18513	ARCHWAY Home Style Cookies, Sugar Free Oatmeal	24.0	1.0 serving	1.176
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.176
21388	Fast foods, miniature cinnamon rolls	25.0	1.0 each	1.175
19148	Candies, peanut brittle, prepared-from-recipe	28.35	1.0 oz	1.175
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	1.173
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	1.172
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	23.0	1.0 Roll	1.172
20067	Sorghum grain	192.0	1.0 cup	1.171
06443	Soup, cream of mushroom, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	1.171
19117	Candies, halavah, plain	28.35	1.0 oz	1.170
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.170
17358	Lamb, New Zealand, imported, brains, raw	113.0	4.0 oz	1.170
42256	Margarine-like, vegetable oil spread, stick or tub, sweetened	14.0	1.0 tablespoon	1.169
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.169
18116	Cake, gingerbread, prepared from recipe	28.35	1.0 oz	1.169
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	1.166
18532	ARCHWAY Home Style Cookies, Iced Molasses	28.0	1.0 serving	1.165
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.164
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	85.0	3.0 oz	1.164
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	1.162
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	1.161
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	85.0	3.0 oz	1.160
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.159
12059	Nuts, acorns, dried	28.35	1.0 oz	1.158
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.154
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.154
08689	Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry	70.0	1.0 package (1 NLEA serving)	1.154
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	1.153
23640	Beef, variety meats and by-products, tripe, cooked, simmered	85.0	1.0 serving	1.153
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	1.153
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	1.153
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	113.0	4.0 oz	1.153

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
21209	SUBWAY, black forest ham sub on white bread with lettuce and tomato	184.0	6.0 inch sub	1.152
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	184.0	6.0 inch sub	1.152
21151	Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	1.151
21150	SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	1.151
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	19.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.151
09175	Mammy-apple, (mamey), raw	846.0	1.0 fruit without refuse	1.151
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.150
28174	KELLOGG'S, POP-TARTS, Frosted Waffle Cone Toaster Pastries	50.0	1.0 pastry	1.150
10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	1.149
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	1.146
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	44.0	1.0 wing, without skin	1.145
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	85.0	1.0 serving ( 3 oz )	1.143
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	1.143
07025	Frankfurter, turkey	28.35	1.0 oz	1.142
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.142
10119	Pork, fresh, variety meats and by-products, stomach, raw	28.35	1.0 oz	1.141
07083	Sausage, Vienna, canned, chicken, beef, pork	16.0	1.0 sausage (7/8" dia x 2" long)	1.140
12169	Seeds, sesame butter, paste	16.0	1.0 tbsp	1.140
05318	Duck, young duckling, domesticated, White Pekin, leg, meat only, bone in, cooked without skin, braised	85.0	3.0 oz	1.138
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	1.138
16549	MORNINGSTAR FARMS Grillers Prime, frozen, unprepared	71.0	1.0 burger	1.136
07212	OSCAR MAYER, Ham (chopped with natural juice)	28.0	1.0 serving (1 slice)	1.136
16118	Soy flour, low-fat	88.0	1.0 cup, stirred	1.135
19042	Snacks, potato chips, barbecue-flavor	28.35	1.0 oz	1.135
18541	ARCHWAY Home Style Cookies, Peanut Butter	21.0	1.0 serving	1.132
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	1.132
18325	Pie, pecan, prepared from recipe	28.35	1.0 oz	1.131
19230	Frostings, vanilla, creamy, ready-to-eat	38.0	0.083 package	1.130
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	1.129
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	1.129
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	9.6	1.0 scoop	1.129
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.126
17373	Lamb, New Zealand, imported, heart, raw	113.0	4.0 oz	1.124
42289	Oil, corn and canola	14.0	1.0 tbsp	1.124

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
05658	Ostrich, top loin, cooked	85.0	1.0 serving ( 3 oz )	1.122
43282	Quail, cooked, total edible	28.35	1.0 oz	1.121
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	1.120
16591	WORTHINGTON Leanies, frozen, unprepared	40.0	1.0 link	1.120
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	1.119
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	1.119
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	1.117
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.116
06037	Soup, lentil with ham, canned, ready-to-serve	248.0	1.0 cup (8 fl oz)	1.116
04529	Oil, almond	13.6	1.0 tablespoon	1.115
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	1.114
12698	Seeds, sesame butter, tahini, type of kernels unspecified	15.0	1.0 tbsp	1.113
28113	KEEBLER, 100 Calorie RIGHT BITES, CHIPS DELUXE, Chocolate Chip Cookies	21.0	1.0 pouch	1.113
12060	Nuts, acorn flour, full fat	28.35	1.0 oz	1.112
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	1.112
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.112
05335	Chicken, feet, boiled	28.35	1.0 oz	1.111
06409	Soup, beef noodle, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	1.110
20014	Corn grain, yellow	166.0	1.0 cup	1.107
20314	Corn grain, white	166.0	1.0 cup	1.107
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	14.0	1.0 tbsp	1.107
17159	Game meat, boar, wild, cooked, roasted	85.0	3.0 oz	1.105
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	85.0	3.0 oz	1.105
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	1.105
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	1.101
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	1.101
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	1.100
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	1.099
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	1.099
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	1.099
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA	9.6	1.0 scoop	1.097
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	1.096
19100	Candies, fudge, chocolate, prepared-from-recipe	17.0	1.0 piece	1.096
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.094
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	1.093

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	1.093
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.092
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.092
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	1.091
05084	Chicken, broilers or fryers, neck, meat and skin, raw	15.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.090
15001	Fish, anchovy, european, raw	85.0	3.0 oz	1.090
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	1.088
18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	1.088
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.088
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	1.088
15135	Fish, yellowtail, mixed species, raw	85.0	3.0 oz	1.088
16548	MORNINGSTAR FARMS Grillers Original, frozen, unprepared	64.0	1.0 burger	1.088
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.086
06101	Soup, cream of vegetable, dry, powder	18.0	1.0 packet	1.085
19104	Candies, fudge, vanilla with nuts	28.35	1.0 oz	1.085
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.085
05195	Turkey, all classes, wing, meat and skin, raw	33.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	1.082
06180	Soup, shark fin, restaurant-prepared	216.0	1.0 cup	1.082
15007	Fish, butterfish, raw	32.0	1.0 fillet	1.082
28159	KEEBLER, WHEATABLES, Nut Crisp Crackers, Toasted Pecan	30.0	16.0 crackers	1.080
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	85.0	3.0 oz	1.080
13329	Beef, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	1.080
01094	Milk, buttermilk, dried	30.0	0.25 cup	1.079
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	1.077
18443	Pie, apple, commercially prepared, unenriched flour	28.35	1.0 oz	1.076
18301	Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	1.076
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder	8.7	1.0 scoop	1.076
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	1.076
16600	MORNINGSTAR FARMS Sesame Chik'n Entree, frozen, unprepared	269.0	1.0 package	1.076
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.075
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	1.073
28071	KEEBLER, CLUB Crackers, Snack Sticks, Original	29.0	12.0 crackers	1.073
03938	Infant formula, PBM PRODUCTS, store brand, powder	8.4	1.0 scoop	1.072
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	254.0	8.0 fl oz	1.072
28112	KEEBLER, READY CRUST, Shortbread Pie Crust	21.0	0.125 crust 9" crust	1.071

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	1.071
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	1.069
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	9.4	1.0 scoop	1.069
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	1.068
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	85.0	3.0 oz	1.068
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.066
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	1.065
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	1.065
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.065
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.065
15233	Fish, catfish, channel, wild, cooked, dry heat	143.0	1.0 fillet	1.064
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	8.7	1.0 scoop	1.063
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	1.063
17165	Game meat, deer, cooked, roasted	85.0	3.0 oz	1.062
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.061
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	1.061
10861	Pork, cured, bacon, cooked, microwaved	9.1	1.0 slice cooked	1.060
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27.0	0.75 cup (1 NLEA serving)	1.058
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	14.1	1.0 tablespoon	1.058
07278	HORMEL Pillow Pak Sliced Turkey Pepperoni	30.0	1.0 serving	1.056
19403	Snacks, crisped rice bar, almond	28.0	1.0 bar (1 oz)	1.056
04644	Oil, industrial, canola for salads, woks and light frying	13.6	1.0 tablespoon	1.055
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	9.6	1.0 scoop	1.055
28348	Rolls, dinner, sweet	30.0	1.0 roll	1.055
05154	Pheasant, raw, meat only	85.0	3.0 oz	1.054
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	1.054
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	1.053
17110	Veal, rib, separable lean and fat, raw	28.35	1.0 oz	1.052
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.051
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	102.0	1.0 steak ( yield from 134.9 g raw meat )	1.051
18476	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Blueberry	52.0	1.0 pastry	1.050
28111	KEEBLER, READY CRUST, Chocolate Pie Crust	21.0	0.125 crust 1 serving (from 9" shell)	1.050
28281	SUNSHINE, CHEEZ-IT, Reduced Fat Crackers	30.0	29.0 crackers	1.050
06401	Soup, cream of asparagus, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	1.049

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	1.048
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	1.048
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	130.0	1.0 cup prepared	1.046
05631	Emu, oyster, raw	85.0	3.0 oz	1.046
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	1.045
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.045
04639	Salad dressing, ranch dressing, regular	15.0	1.0 tablespoon	1.045
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	29.0	0.75 cup (1 NLEA serving)	1.044
01178	Sour cream, reduced fat	12.0	1.0 tablespoon	1.044
18988	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type, reduced fat	36.0	1.0 package	1.044
18989	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type, reduced fat	36.0	1.0 package	1.044
12021	Seeds, safflower seed kernels, dried	28.35	1.0 oz	1.044
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	1.044
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	1.043
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	85.0	3.0 oz	1.041
18478	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon	50.0	1.0 pastry	1.040
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	9.4	1.0 scoop	1.038
17103	Veal, leg (top round), separable lean only, cooked, roasted	85.0	3.0 oz	1.037
05651	Ostrich, oyster, raw	85.0	1.0 serving ( cooked from 4 oz raw)	1.037
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	13.6	1.0 tablespoon	1.036
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	9.4	1.0 scoop	1.036
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	1.034
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	1.034
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	9.4	1.0 scoop	1.034
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	1.033
04582	Oil, canola	14.0	1.0 tbsp	1.031
18477	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry	52.0	1.0 pastry	1.030
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	1.029
18179	Cookies, oatmeal, commercially prepared, soft-type	28.35	1.0 oz	1.029
28230	MURRAY, SUGAR FREE, Shortbread Bites	21.0	1.0 pouch	1.029
21143	CHICK-FIL-A, Chick-n-Strips	50.0	1.0 strip	1.028
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	9.4	1.0 scoop	1.028
16211	Vitasoy USA, Organic Nasoya Super Firm Cubed Tofu	79.0	0.2 package	1.027
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	1.027
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	1.026

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1.0 tablespoon	1.026
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	1.025
17176	Game meat, opossum, cooked, roasted	85.0	3.0 oz	1.025
28105	KEEBLER, GRIPZ, Cinnamon Grahams, bite-size	25.0	1.0 pouch	1.025
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	28.35	1.0 oz	1.025
10857	HORMEL Canadian Style Bacon	56.0	1.0 serving	1.025
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	1.025
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	1.024
19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	1.023
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	1.023
28349	Cookies, oatmeal, reduced fat	25.0	1.0 cookie	1.022
19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	1.022
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	8.5	1.0 scoop	1.022
10855	HORMEL ALWAYS TENDER, Center Cut Chops, Fresh Pork	28.35	1.0 oz	1.021
16611	MORNINGSTAR FARMS Parmesan Garlic Wings, frozen, unprepared	85.0	5.0 Wings	1.020
22993	KASHI Spicy Black Bean Enchilada, frozen, unprepared	255.0	1.0 entree	1.020
05657	Ostrich, top loin, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.020
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.019
20040	Rice, brown, medium-grain, raw	190.0	1.0 cup	1.018
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	1.018
06749	Soup, beef and vegetables, canned, ready-to-serve	250.0	1.0 cup	1.018
04589	Fish oil, cod liver	4.5	1.0 tsp	1.017
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	9.4	1.0 scoop	1.016
18377	Cookies, oatmeal, prepared from recipe, without raisins	28.35	1.0 oz	1.015
28070	KEEBLER, CLUB Crackers, Snack Sticks, Honey Wheat	29.0	12.0 crackers	1.015
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	8.7	1.0 scoop	1.014
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	85.0	3.0 oz	1.014
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	8.7	1.0 scoop	1.013
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	14.0	1.0 tablespoon	1.013
08693	Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry	73.0	1.0 package (1 NLEA serving)	1.013
10102	Pork, fresh, variety meats and by-products, feet, raw	28.35	1.0 oz	1.012
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	1.012
04670	USDA Commodity Food, oil, vegetable, low saturated fat	13.6	1.0 tbsp	1.010
36044	ON THE BORDER, Mexican rice	114.0	1.0 cup	1.010



NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	1.009
18481	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry	52.0	1.0 pastry	1.009
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	15.0	1.0 tbsp	1.008
16519	WORTHINGTON Super Links, canned, unprepared	48.0	1.0 link	1.008
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	1.008
06434	CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup	247.0	1.0 cup	1.008
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	8.8	1.0 scoop	1.008
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	1.008
04532	Oil, hazelnut	13.6	1.0 tablespoon	1.006
16618	MORNINGSTAR FARMS Spicy Indian Veggie Burger, frozen, unprepared	67.0	1.0 burger	1.005
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted	31.4	1.0 fl oz	1.005
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted	31.4	1.0 fl oz	1.005
07236	OSCAR MAYER, Smokies Sausage Little Cheese (pork, turkey)	9.0	1.0 link	1.004
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	44.0	1.0 drumstick, bone and skin removed	1.004
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	1.004
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	1.003
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber	27.0	1.0 cake 1 serving	1.003
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	8.8	1.0 scoop	1.001
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	8.8	1.0 scoop	1.001
06354	CAMPBELL'S Red and White, French Onion Soup, condensed	126.0	1.0 serving 1/2 cup	1.000
06041	CAMPBELL'S Red and White, Chicken and Dumplings Soup, condensed	126.0	1.0 serving 1/2 cup	1.000
06082	CAMPBELL'S Red and White, Chicken NOODLEO's Soup, condensed	126.0	1.0 serving 1/2 cup	1.000
27014	CAMPBELL'S Red and White, Italian Style Wedding Soup, condensed	126.0	0.5 cup	1.000
22937	SPAGHETTIOS, SpaghettiOs in Meat Sauce	252.0	1.0 cup (1 serving)	1.000
06146	CAMPBELL'S Red and White, Beef with Vegetables and Barley Soup, condensed	126.0	1.0 serving 1/2 cup	1.000
25051	Snacks, CLIF BAR, mixed flavors	68.0	1.0 bar	1.000
06325	Gravy, CAMPBELL'S, chicken, microwavable	60.0	0.25 cup	1.000
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	237.0	8.0 fl oz	1.000
28314	Crackers, sandwich-type, peanut butter filled, reduced fat	36.0	1.0 package	1.000
28325	Crackers, toast thins, low sodium	31.0	1.0 serving	1.000
06318	Gravy, CAMPBELL'S, country style cream	59.0	0.25 cup	1.000
07974	Bacon, turkey, low sodium	15.0	1.0 serving	1.000
14311	Beverages, Malted drink mix, natural, powder, dairy based.	21.0	1.0 serving (3 heaping tsp or 1 envelope)	1.000

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
06226	PREGO Pasta, Italian Sausage and Garlic Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	1.000
06234	PREGO Pasta, Heart Smart- Ricotta Parmesan Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	1.000
14033	Beverages, ABBOTT, EAS whey protein powder	39.0	2.0 scoop	1.000
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	34.0	1.0 serving	1.000
18634	PILLSBURY Golden Layer Buttermilk Biscuits, Artificial Flavor, refrigerated dough	34.0	1.0 serving	1.000
27049	Sauce, tartar, ready-to-serve	30.0	2.0 tablespoons	1.000
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	1.000
12567	Nuts, almonds, oil roasted, with salt added, smoke flavor	28.0	1.0 oz (28 almonds)	1.000
12156	Nuts, walnuts, glazed	28.0	1.0 oz	1.000
32024	Rice mix, cheese flavor, dry mix, unprepared	57.0	0.25 cup dry rice mix	1.000
06240	PREGO Pasta, Zesty Mushroom Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	1.000
06228	PREGO Pasta, Mini Meatball Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	1.000
06224	PREGO Pasta, Fresh Mushroom Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	1.000
06361	CAMPBELL'S Red and White, Green Pea Soup, condensed	128.0	1.0 serving 1/2 cup	1.000
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	1.000
06403	CAMPBELL'S CHUNKY Soups, Grilled Sirloin Steak with Hearty Vegetables Soup	245.0	1.0 cup	1.000
27017	CAMPBELL'S Homestyle Microwaveable Bowls, HEALTHY REQUEST Italian Wedding Soup	245.0	1.0 cup	1.000
06503	CAMPBELL'S Red and White - Microwaveable Bowls, Creamy Tomato Soup	245.0	1.0 cup	1.000
27007	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Chicken Noodle Soup	245.0	1.0 serving	1.000
06388	CAMPBELL'S CHUNKY Soups, Beef with Country Vegetables Soup	245.0	1.0 cup	1.000
06457	CAMPBELL'S CHUNKY Soups, Slow Roasted Beef with Mushrooms Soup	245.0	1.0 cup	1.000
06244	CAMPBELL'S CHUNKY Microwavable Bowls, Classic Chicken Noodle, ready-to-serve	245.0	1.0 serving 1 cup	1.000
06543	CAMPBELL'S Homestyle Mexican Style Chicken Tortilla Soup	245.0	1.0 cup	1.000
17435	Veal, shank, separable lean and fat, raw	85.0	3.0 oz	1.000
06529	CAMPBELL'S Homestyle Light New England Clam Chowder	245.0	1.0 cup	1.000
22943	SUPPER BAKES MEAL KITS, Cheesy Chicken with pasta (chicken not included)	85.0	0.167 box (NLEA serving size)	1.000
27008	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Grilled Chicken & Sausage Gumbo Soup	245.0	1.0 cup	1.000
06459	CAMPBELL'S CHUNKY Soups, Split Pea 'N' Ham Soup	245.0	1.0 cup	1.000
06429	CAMPBELL'S CHUNKY Soups, Manhattan Clam Chowder	245.0	1.0 cup	1.000
06454	CAMPBELL'S CHUNKY Soups, Grilled Steak- Steak Chili with Beans	245.0	1.0 cup	1.000
27009	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST New England Clam Chowder	245.0	1.0 cup	1.000
06387	CAMPBELL'S CHUNKY Soups, Beef Rib Roast with Potatoes & Herbs Soup	245.0	1.0 cup	1.000
06339	CAMPBELL'S, Cream of Mushroom with Roasted Garlic Soup, condensed	124.0	0.5 cup condensed	0.999
06355	CAMPBELL'S Red and White, Golden Mushroom Soup, condensed	124.0	1.0 serving 1/2 cup	0.999

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
06214	CAMPBELL'S, 25% Less Sodium Cream of Mushroom Soup, condensed	124.0	0.5 cup condensed	0.999
06218	CAMPBELL'S, 98% Fat Free Cream of Celery Soup, condensed	124.0	0.5 cup condensed	0.999
06215	CAMPBELL'S, 98% Fat Free Broccoli Cheese Soup, condensed	124.0	0.5 cup condensed	0.999
06334	CAMPBELL'S Red and White, Cream of Celery Soup, condensed	124.0	1.0 serving 1/2 cup	0.999
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	0.999
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	0.998
22950	SUPPER BAKES MEAL KITS, Traditional Roast Chicken with stuffing (chicken not included)	84.0	1.0 serving 1/6 box	0.998
15105	Fish, sturgeon, mixed species, cooked, dry heat	85.0	3.0 oz	0.997
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	85.0	3.0 oz	0.997
28298	Cookies, brownies, commercially prepared, reduced fat, with added fiber	36.0	1.0 brownie 1 serving	0.996
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	113.0	4.0 oz	0.996
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	237.0	1.0 bottle	0.995
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	16.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.995
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.995
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	0.995
05654	Ostrich, tenderloin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.994
28303	Crackers, cheese, whole grain	31.0	1.0 serving 55 pieces	0.994
43109	Pretzels, soft	143.0	1.0 large	0.994
25024	Pretzels, soft, unsalted	143.0	1.0 large	0.994
28274	MURRAY, Honey Graham	31.0	8.0 crackers	0.992
01115	Whey, sweet, dried	145.0	1.0 cup	0.992
06395	CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	243.0	1.0 cup	0.991
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	0.990
06625	SMART SOUP, Vietnamese Carrot Lemongrass	283.0	10.0 oz 1 pouch	0.990
06624	SMART SOUP, Thai Coconut Curry	283.0	10.0 oz 1 pouch	0.990
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	9.0	1.0 scoop	0.989
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	113.0	4.0 oz	0.989
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	9.4	1.0 scoop	0.989
15223	Fish, whitefish, mixed species, cooked, dry heat	85.0	3.0 oz	0.988
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.986
10851	HORMEL, Cure 81 Ham	84.0	1.0 serving	0.983
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.982
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	0.982
18191	Cookies, raisin, soft-type	28.35	1.0 oz	0.981

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	0.981
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	85.0	3.0 oz	0.981
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	37.0	1.0 wing without skin	0.981
18642	GENERAL MILLS, BETTY CROCKER SUPERMOIST Yellow Cake Mix, dry	43.0	1.0 serving	0.980
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	133.0	10.0 strip	0.980
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	14.0	1.0 tablespoon	0.980
21314	McDONALD'S, Spicy Buffalo Sauce	43.0	1.5 oz	0.979
21140	Side dishes, potato salad	95.0	0.333 cup	0.978
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.978
18486	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry	52.0	1.0 pastry	0.978
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	28.35	1.0 oz	0.977
18608	KEEBLER, KEEBLER Chocolate Graham SELECTS	31.0	1.0 serving	0.976
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.976
08690	Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry	75.0	1.0 package (1 NLEA serving)	0.976
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.975
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	27.0	0.75 cup (1 NLEA serving)	0.972
06314	Soup, HEALTHY CHOICE Chicken Noodle Soup, canned	243.0	1.0 serving 1 cup	0.972
21256	BURGER KING, Chicken Strips	36.0	1.0 strip	0.972
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	0.972
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	8.7	1.0 scoop	0.971
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	8.7	1.0 scoop	0.971
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	85.0	1.0 serving ( 3 oz )	0.971
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	0.970
20009	Buckwheat groats, roasted, dry	164.0	1.0 cup	0.969
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	85.0	3.0 oz	0.969
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	113.0	4.0 oz	0.968
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.966
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.966
19186	Desserts, apple crisp, prepared-from-recipe	141.0	0.5 cup	0.966
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.966
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	0.965
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	0.964
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.964
05145	Duck, wild, breast, meat only, raw	73.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0.964
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	0.963

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	0.963
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	0.962
11212	Edamame, frozen, prepared	155.0	1.0 cup	0.961
28253	SUNSHINE, CHEEZ-IT, Snack Mix	30.0	0.5 cup	0.960
28160	KELLOGG'S, ALL-BRAN, Garlic and Herb Crackers	30.0	18.0 crackers	0.960
28161	KELLOGG'S, ALL-BRAN, Multigrain Crackers	30.0	18.0 crackers	0.960
06022	Soup, chicken rice, canned, chunky, ready-to-serve	240.0	1.0 cup	0.960
19877	Ice creams, BREYERS, 98% Fat Free Vanilla	68.0	1.0 serving 1/2 cup	0.959
19103	Candies, fudge, vanilla, prepared-from-recipe	28.35	1.0 oz	0.959
07027	Ham, chopped, not canned	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.958
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	0.957
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.956
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.955
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	8.3	1.0 scoop	0.954
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	8.3	1.0 scoop	0.954
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	0.954
17107	Veal, loin, separable lean only, raw	85.0	3.0 oz	0.953
07034	Headcheese, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.953
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	0.952
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.952
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.952
06121	Gravy, mushroom, canned	238.0	1.0 cup	0.952
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	8.7	1.0 scoop	0.952
25010	Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Almond Snack Bar	22.0	1.0 bar	0.952
15024	Fish, drum, freshwater, raw	85.0	3.0 oz	0.951
17320	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.951
04698	Oil, industrial, canola, high oleic	14.0	1.0 tablespoon	0.950
18494	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted brown sugar cinnamon	50.0	1.0 pastry	0.950
17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	0.950
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	28.35	1.0 oz	0.949
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	0.947
17131	Veal, shoulder, blade chop, separable lean only, raw	85.0	3.0 oz	0.946
12006	Seeds, chia seeds, dried	28.35	1.0 oz	0.944

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.944
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	186.0	1.0 cup	0.939
07088	Honey roll sausage, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.938
19894	Ice creams, BREYERS, 98% Fat Free Chocolate	68.0	1.0 serving 1/2 cup	0.938
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	30.8	1.0 fl oz	0.936
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.936
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.936
05155	Pheasant, breast, meat only, raw	85.0	3.0 oz	0.935
16275	Vitasoy USA Organic Nasoya Sprouted, Tofu Plus Super Firm	85.0	3.0 oz	0.935
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	8.5	1.0 scoop	0.935
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	0.934
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	0.933
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.933
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	0.931
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	0.930
28158	KEEBLER, WHEATABLES, Nut Crisp Crackers, Roasted Almond	30.0	16.0 crackers	0.930
15216	Fish, spot, cooked, dry heat	50.0	1.0 fillet	0.930
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	0.929
15103	Fish, spot, raw	64.0	1.0 fillet	0.928
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.927
43589	Cheese, swiss, low fat	28.0	1.0 slice (1 oz)	0.925
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.924
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.923
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.923
16608	MORNINGSTAR FARMS Chik Patties Original, frozen, unprepared	71.0	1.0 patty	0.923
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	0.922
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.921
15008	Fish, carp, raw	85.0	3.0 oz	0.921
16500	LOMA LINDA Little Links, canned, unprepared	46.0	2.0 links	0.920
16517	WORTHINGTON Prime Stakes, canned, unprepared	92.0	1.0 piece	0.920
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.920
18448	Taco shells, baked, without added salt	28.35	1.0 oz	0.920
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.920

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
18360	Taco shells, baked	12.9	1.0 shell	0.917
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	0.916
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.916
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	85.0	3.0 oz	0.915
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	0.915
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	414.0	14.0 fl oz	0.915
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.914
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	0.914
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	114.0	4.0 oz	0.913
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.913
06738	Soup, split pea with ham and bacon, canned, condensed, single brand	135.0	1.0 serving	0.913
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	0.912
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.912
04678	Oil, vegetable, Natreon canola, high stability, non trans, high oleic (70%)	14.0	1.0 tbsp	0.912
18177	Cookies, molasses	28.35	1.0 oz	0.911
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	0.908
19420	Snacks, granola bars, hard, peanut butter	28.35	1.0 oz	0.907
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	31.5	1.0 fl oz	0.907
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	32.0	1.0 medallion	0.907
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	0.906
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.906
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	39.0	1.0 wing wing without skin	0.905
16060	Cowpeas, catjang, mature seeds, raw	167.0	1.0 cup	0.905
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	0.904
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27.0	0.75 cup (1 NLEA serving)	0.903
18321	Pie, lemon meringue, prepared from recipe	28.35	1.0 oz	0.903
14632	Beverages, Meal supplement drink, canned, peanut flavor	158.0	1.0 cup	0.902
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.902
17206	Lamb, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.901
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.901
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	0.899
18327	Pie, pumpkin, prepared from recipe	28.35	1.0 oz	0.899
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.899

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	0.899
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	0.898
28184	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Chocolate Baked Bites	23.0	1.0 pouch	0.897
43017	Salad dressing, green goddess, regular	15.0	1.0 tbsp	0.897
07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	0.897
17377	Lamb, New Zealand, imported, testes, raw	113.0	4.0 oz	0.896
16529	WORTHINGTON FriPats, frozen, unprepared	64.0	1.0 patty	0.896
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.896
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	0.896
42283	Snacks, potato chips, white, restructured, baked	34.0	1.0 cup	0.895
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	0.895
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	0.894
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	0.892
17181	Game meat, rabbit, wild, cooked, stewed	85.0	3.0 oz	0.892
06466	Soup, turkey vegetable, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.892
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.891
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	0.890
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	0.890
15142	Crustaceans, crab, blue, crab cakes, home recipe	60.0	1.0 cake	0.890
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	0.888
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.887
20004	Barley, hulled	184.0	1.0 cup	0.887
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.887
15274	Fish, trout, brook, raw, New York State	149.0	1.0 filet	0.887
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	0.886
19375	Frostings, glaze, prepared-from-recipe	327.0	1.0 recipe yield	0.886
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.885
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	31.6	1.0 fl oz	0.884
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	85.0	1.0 serving ( 3 oz )	0.883
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving ( 3 oz )	0.881
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.881
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	0.881
20090	Rice flour, brown	158.0	1.0 cup	0.880



NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
16536	WORTHINGTON Wham (roll), frozen, unprepared	55.0	1.0 slice , 3/8"	0.880
16616	MORNINGSTAR FARMS Garden Veggie Nuggets, frozen, unprepared	80.0	5.0 nuggets	0.880
12058	Nuts, acorns, raw	28.35	1.0 oz	0.879
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.879
13000	Beef, grass-fed, strip steaks, lean only, raw	85.0	3.0 oz	0.877
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	0.876
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	28.35	1.0 oz	0.876
21207	SUBWAY, turkey breast sub on white bread with lettuce and tomato	184.0	6.0 inch sub	0.876
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	184.0	6.0 inch sub	0.876
01267	Cheese, mexican, queso cotija	5.0	2.0 tsp	0.875
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	0.875
06002	Soup, black bean, canned, condensed	257.0	1.0 cup (8 fl oz)	0.874
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	28.35	1.0 oz	0.873
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	0.873
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.872
20076	Wheat, durum	192.0	1.0 cup	0.872
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	0.870
08453	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Chocolatey Strawberry	29.0	0.75 Cup (1 NLEA serving)	0.870
42179	Frankfurter, beef, low fat	57.0	1.0 frankfurter	0.870
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	0.870
18528	ARCHWAY Home Style Cookies, Dutch Cocoa	24.0	1.0 serving	0.869
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	0.868
17367	Lamb, New Zealand, imported, kidney, raw	113.0	4.0 oz	0.868
43241	Cereals ready-to-eat, FAMILIA	122.0	1.0 cup	0.867
19216	Candies, praline, prepared-from-recipe	39.0	1.0 piece	0.867
20142	Teff, uncooked	193.0	1.0 cup	0.867
18302	Pie, apple, prepared from recipe	28.35	1.0 oz	0.865
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.864
05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.863
18952	Tostada shells, corn	12.3	1.0 piece	0.862
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.862
01225	Dulce de Leche	19.0	1.0 tbsp	0.861
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	85.0	3.0 oz	0.860

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	85.0	3.0 oz	0.860
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	0.860
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.859
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.859
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted	8.7	1.0 scoop	0.859
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	0.858
19097	Sherbet, orange	74.0	0.5 cup (4 fl oz)	0.858
15093	Fish, seatrout, mixed species, raw	85.0	3.0 oz	0.858
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.857
15026	Fish, eel, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.857
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	0.857
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	0.857
04530	Oil, apricot kernel	13.6	1.0 tablespoon	0.857
18423	Cookies, ladyfingers, without lemon juice and rind	28.35	1.0 oz	0.857
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	41.0	1.0 medallion	0.856
25018	Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Blueberry Snack Bar	22.0	1.0 bar	0.851
18225	Crackers, rye, sandwich-type with cheese filling	14.2	0.5 oz	0.850
05656	Ostrich, tip trimmed, cooked	85.0	1.0 serving ( 3 oz )	0.850
18497	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted strawberry	50.0	1.0 pastry	0.850
22992	KASHI, Southwest Style Chicken, Frozen Entree	283.0	1.0 package	0.849
04141	Salad dressing, french dressing, commercial, regular, without salt	15.0	1.0 tablespoon	0.847
18309	Pie, cherry, prepared from recipe	28.35	1.0 oz	0.846
04038	Oil, wheat germ	4.5	1.0 tsp	0.846
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	29.2	1.0 fl oz	0.846
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.845
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.845
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	0.845
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	0.844
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	0.843
18962	Crackers, cream, LA MODERNA RIKIS CREAM CRACKERS	32.0	10.0 crackers (1 NLEA serving)	0.843
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	0.842
18610	CONTINENTAL MILLS, KRUSTEAZ Almond Poppyseed Muffin Mix, Artificially Flavored, dry	40.0	1.0 serving	0.840
08631	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS LITTLE BITES, chocolate	56.0	1.0 cup (1 NLEA serving)	0.840
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted	8.5	1.0 scoop	0.839

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	8.5	1.0 scoop	0.839
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	0.838
21386	BURGER KING, french toast sticks	21.0	1.0 stick	0.838
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.837
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	0.836
08692	Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry	75.0	1.0 package (1 NLEA serving)	0.836
10132	Pork, cured, feet, pickled	28.35	1.0 oz	0.835
06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	0.835
15076	Fish, salmon, Atlantic, wild, raw	85.0	3.0 oz	0.834
25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	0.834
18284	Muffins, wheat bran, dry mix	28.35	1.0 oz	0.833
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0.833
18562	ARCHWAY Home Style Cookies, Reduced Fat Ginger Snaps	32.0	1.0 serving	0.832
06471	Soup, vegetable beef, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.830
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.829
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	9.3	1.0 scoop	0.828
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	31.0	2.0 large	0.827
16129	Tofu, fried	28.35	1.0 oz	0.827
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	84.0	1.0 serving	0.827
18119	Cake, pineapple upside-down, prepared from recipe	28.35	1.0 oz	0.826
18640	HEINZ, WEIGHT WATCHER, Chocolate Eclair, frozen	59.0	1.0 eclair, frozen	0.826
15212	Fish, salmon, pink, cooked, dry heat	85.0	3.0 oz	0.825
18306	Pie, blueberry, prepared from recipe	28.35	1.0 oz	0.825
16525	WORTHINGTON Chic-Ketts, frozen, unprepared	55.0	2.0 slices (3/8" thick)	0.825
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1.0 oz	0.825
17145	Game meat, antelope, cooked, roasted	85.0	3.0 oz	0.824
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.824
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	0.824
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	0.824
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	0.821
25023	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, Harvest Cheddar flavor	28.35	1.0 oz	0.820
28250	SUNSHINE, CHEEZ-IT, 100 Calorie RIGHT BITES, Extra Cheesy Party Mix	21.0	1.0 pouch	0.819
42131	Milk dessert, frozen, milk-fat free, chocolate	137.0	1.0 cup	0.818
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	0.818

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.817
19184	Puddings, chocolate, dry mix, instant	99.0	1.0 package (3.5 oz)	0.817
22126	LOMA LINDA Big Franks, canned, unprepared	51.0	1.0 link	0.816
17217	Veal, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.816
32017	Pasta mix, Italian four cheese lasagna, unprepared	117.0	1.0 package	0.815
43331	Salad dressing, bacon and tomato	15.0	1.0 tbsp	0.815
04017	Salad dressing, thousand island, commercial, regular	16.0	1.0 tbsp	0.815
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.814
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	0.813
18367	Waffles, plain, prepared from recipe	28.35	1.0 oz	0.813
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	0.812
28263	KEEBLER, Grahams, Cinnamon Crisp	30.0	8.0 crackers	0.810
08625	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S Halloween Crunch	26.0	0.75 cup (1 NLEA serving)	0.810
05643	Ostrich, fan, raw	85.0	1.0 serving ( cooked from 4oz raw)	0.808
22980	KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree	269.0	1.0 package	0.807
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	0.806
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	0.806
15188	Fish, bass, striped, cooked, dry heat	124.0	1.0 fillet	0.806
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	0.806
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	0.806
04708	Mayonnaise, reduced fat, with olive oil	15.0	1.0 tbsp	0.806
28183	KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites	23.0	1.0 pouch	0.805
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	0.805
07951	Scrapple, pork	17.0	1.0 cubic inch	0.804
16610	MORNINGSTAR FARMS Roasted Garlic & Quinoa Burger, frozen, unprepared	67.0	1.0 burger	0.804
18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	0.803
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	9.4	1.0 scoop	0.803
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0.802
18433	Danish pastry, lemon, unenriched	28.35	1.0 oz	0.801
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	28.35	1.0 oz	0.801
18435	Danish pastry, raspberry, unenriched	28.35	1.0 oz	0.801
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	26.0	0.75 cup (1 NLEA serving)	0.801
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26.0	0.75 cup (1 NLEA serving)	0.801
17219	Veal, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	0.801
18537	ARCHWAY Home Style Cookies, Oatmeal	25.0	1.0 serving	0.800

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
28266	KEEBLER, READY CRUST, Graham Pie Crust (10"), Reduced Fat	21.0	0.125 crust	0.798
43137	Vegetarian meatloaf or patties	56.0	1.0 slice	0.798
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	8.7	1.0 scoop	0.798
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	8.7	1.0 scoop	0.798
19056	Snacks, tortilla chips, plain, white corn, salted	28.35	1.0 oz	0.797
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	0.796
10856	HORMEL ALWAYS TENDER, Boneless Pork Loin, Fresh Pork	28.0	1.0 oz	0.795
07052	Pastrami, turkey	57.0	2.0 slices	0.795
18280	Muffins, corn, dry mix, prepared	28.35	1.0 oz	0.793
19706	Puddings, banana, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.792
01179	Sour cream, light	12.0	1.0 tablespoon	0.792
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	0.791
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.791
19886	Frozen novelties, KLONDIKE, SLIM-A-BEAR Chocolate Cone	79.0	1.0 serving 1 cone	0.791
18011	Biscuits, plain or buttermilk, dry mix, prepared	28.35	1.0 oz	0.791
31024	Sweet Potatoes, french fried, crosscut, frozen, unprepared	85.0	3.0 oz	0.790
17169	Game meat, goat, cooked, roasted	85.0	3.0 oz	0.790
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.790
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.790
43326	Pork, cured, ham, low sodium, lean and fat, cooked	28.35	1.0 oz, boneless	0.788
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	0.788
25028	Tortilla chips, yellow, plain, salted	28.35	1.0 oz	0.787
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	0.786
04073	Margarine, regular, hard, soybean (hydrogenated)	4.7	1.0 tsp	0.785
05646	Ostrich, inside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.785
43016	Salad dressing, coleslaw	16.0	1.0 tbsp	0.784
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	85.0	3.0 oz	0.784
18632	PILLSBURY, Traditional Fudge Brownie Mix, dry	30.0	1.0 serving	0.782
21463	Yogurt parfait, lowfat, with fruit and granola	149.0	1.0 item	0.782
19705	Puddings, banana, dry mix, instant, with added oil	99.0	1.0 package (3.5 oz)	0.782
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.782
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.782
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	85.0	3.0 oz	0.782
16584	GARDENBURGER Savory Portabella Veggie Burger, frozen, unprepared	71.0	1.0 patty	0.781

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
08659	Cereals ready-to-eat, KELLOGG'S FROSTED FLAKES, CHOCO ZUCARITAS	30.0	0.75 cup (1 NLEA serving)	0.780
08658	Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal	30.0	0.75 cup (1 NLEA serving)	0.780
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.779
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	0.779
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	0.779
07070	Salami, cooked, turkey	28.0	1.0 serving	0.779
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	0.778
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	206.0	1.0 cup	0.777
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	41.0	1.0 drumstick, bone and skin removed	0.776
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.776
08652	Cereals ready-to-eat, KELLOGG'S KRAVE chocolate cereal	31.0	0.75 cup (1 NLEA serving)	0.775
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.774
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	0.774
17208	Veal, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.774
17157	Game meat, bison, separable lean only, cooked, roasted	85.0	3.0 oz	0.774
03274	Babyfood, dinner, vegetables and chicken, junior	256.0	1.0 cup	0.773
18269	French toast, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.772
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	0.771
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	30.0	0.75 cup (1 NLEA serving)	0.771
06172	Soup, stock, chicken, home-prepared	240.0	1.0 cup	0.770
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	0.770
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.770
06731	Soup, bean with bacon, condensed, single brand	128.0	1.0 serving 1/2 cup	0.769
28142	KEEBLER, TOWN HOUSE, Original Crackers	16.0	5.0 crackers	0.768
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	198.0	1.0 cup	0.766
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.765
10130	Canadian bacon, unprepared	85.0	3.0 oz	0.765
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	15.0	1.0 tablespoon	0.765
11555	Tomato products, canned, sauce, with herbs and cheese	122.0	0.5 cup	0.765
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	0.764
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	0.763
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	74.0	10.0 strip	0.761
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	0.761
18322	Pie, mince, prepared from recipe	28.35	1.0 oz	0.760

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	253.0	1.0 cup	0.759
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	6.0	1.0 tablespoon Ghirardelli label 2011	0.758
06498	Soup, tomato, dry, mix, prepared with water	265.0	1.0 cup 8 fl oz	0.758
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.758
07031	Ham salad spread	15.0	1.0 tbsp	0.757
43369	Beverages, Chocolate-flavored drink, whey and milk based	244.0	1.0 cup	0.756
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.755
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.754
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.754
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.754
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	0.752
18214	Crackers, cheese, regular	14.2	0.5 oz	0.751
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	0.750
18540	ARCHWAY Home Style Cookies, Old Fashioned Windmill Cookies	20.0	1.0 serving	0.750
04011	Salad dressing, KRAFT Mayo Light Mayonnaise	15.0	1.0 tbsp	0.750
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	0.748
12540	Seeds, sunflower seed butter, with salt added	16.0	1.0 tbsp	0.748
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	29.0	0.75 cup (1 NLEA serving)	0.748
31030	Potatoes, french fried, steak cut, salt not added in processing, frozen, unprepared	85.0	3.0 oz	0.748
21401	Fast foods, chicken tenders	30.0	1.0 strip	0.748
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	9.6	1.0 scoop	0.748
27052	Dip, salsa con queso, cheese and salsa- medium	30.0	2.0 tbsp	0.747
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	0.747
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.746
16128	Tofu, dried-frozen (koyadofu)	17.0	1.0 piece	0.746
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	17.0	1.0 piece	0.746
12071	Nuts, almond paste	28.35	1.0 oz	0.745
18243	Croutons, seasoned	14.2	0.5 oz	0.745
03246	Babyfood, dessert, custard pudding, vanilla, junior	229.0	1.0 cup	0.744
08699	Cereals ready-to-eat, KELLOGG'S KRAVE Smores	31.0	0.75 Cup (1 NLEA serving)	0.744
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	28.35	1.0 oz, boneless	0.744
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.741
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.741

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.741
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	0.740
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	32.0	2.0 tbsp	0.740
19874	Frozen novelties, KLONDIKE, SLIM-A-BEAR Fudge Bar, 98% fat free, no sugar added	74.0	1.0 serving 3.5 fl oz bar	0.740
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	0.740
05159	Quail, breast, meat only, raw	85.0	3.0 oz	0.740
05627	Emu, full rump, cooked, broiled	85.0	1.0 serving ( 3 oz )	0.740
05127	Chicken, stewing, giblets, raw	28.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.736
16505	LOMA LINDA Swiss Stake with Gravy, canned, unprepared	92.0	1.0 piece	0.736
18428	Crackers, wheat, low salt	14.2	0.5 oz	0.735
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0.735
28251	SUNSHINE, CHEEZ-IT, 100 Calorie Right Bites, Reduced Fat	21.0	1.0 package	0.735
13023	Beef, brisket, whole, separable lean only, all grades, raw	28.35	1.0 oz	0.734
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	85.0	3.0 oz	0.734
08629	Cereals ready-to-eat, QUAKER, Cap'n Crunch's OOPS! All Berries Cereal	32.0	1.0 cup (1 NLEA serving)	0.733
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	0.733
27054	Dip, TOSTITOS, salsa con queso, medium	30.0	2.0 tbsp	0.733
16107	Sausage, meatless	25.0	1.0 link	0.732
19401	Snacks, cornnuts, barbecue-flavor	28.35	1.0 oz	0.731
05655	Ostrich, tip trimmed, raw	85.0	1.0 serving ( cooked from 4 oz raw)	0.731
18535	ARCHWAY Home Style Cookies, Molasses	26.0	1.0 serving	0.731
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	0.730
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.729
06730	Soup, split pea with ham, chunky, reduced fat, reduced sodium, ready-to-serve, single brand	243.0	1.0 serving	0.729
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	0.729
08691	Cereals, QUAKER, oatmeal, REAL MEDLEYS, summer berry, dry	70.0	1.0 package (1 NLEA serving)	0.729
14204	Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	6.4	1.0 tsp dry	0.728
07020	Corned beef loaf, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.728
16144	Lentils, pink or red, raw	192.0	1.0 cup	0.728
12005	Seeds, breadnut tree seeds, dried	160.0	1.0 cup	0.726
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	0.726
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.726
03011	Babyfood, meat, lamb, junior	28.35	1.0 oz	0.726
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	0.725



NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	234.0	1.0 cup	0.725
18459	Breakfast tart, low fat	52.0	1.0 tart	0.724
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	113.0	4.0 oz	0.723
07900	Turkey, pork, and beef sausage, low fat, smoked	85.0	3.0 oz	0.722
05286	Turkey and gravy, frozen	85.0	3.0 oz	0.722
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	0.722
15165	Mollusks, mussel, blue, cooked, moist heat	85.0	3.0 oz	0.722
08221	Cereals, QUAKER, Instant Grits, Butter flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.722
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	0.721
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	0.720
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	0.720
18539	ARCHWAY Home Style Cookies, Old Fashioned Molasses	26.0	1.0 serving	0.720
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.720
28186	KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar	30.0	27.0 chips	0.720
28065	KEEBLER, CLUB, Minis Original Crackers	15.0	17.0 crackers	0.720
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	60.0	0.667 cup (1 NLEA serving)	0.720
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	35.0	1.0 waffle	0.720
15217	Fish, sucker, white, cooked, dry heat	124.0	1.0 fillet	0.718
03217	Zwieback	28.35	1.0 oz	0.716
06127	Gravy, unspecified type, dry	25.0	1.0 cup (8 fl oz)	0.715
18538	ARCHWAY Home Style Cookies, Oatmeal Raisin	26.0	1.0 serving	0.715
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	0.715
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	113.0	4.0 oz	0.714
18152	Cookies, brownies, dry mix, regular	28.35	1.0 oz	0.714
15079	Fish, salmon, chum, raw	85.0	3.0 oz	0.714
16078	Mothbeans, mature seeds, raw	196.0	1.0 cup	0.713
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	31.4	1.0 fl oz	0.710
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	31.4	1.0 fl oz	0.710
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	0.710
16585	GARDENBURGER Sun-Dried Tomato Basil Burger, frozen, unprepared	71.0	1.0 patty	0.710
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55.0	1.0 cup (1 NLEA serving)	0.710
18106	Coffeecake, fruit	28.35	1.0 oz	0.707
20140	Spelt, uncooked	174.0	1.0 cup	0.706

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	31.9	1.0 fl oz	0.706
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	0.705
16552	MORNINGSTAR FARMS Mushroom Lover's Burger, frozen, unprepared	64.0	1.0 burger	0.704
20069	Triticale	192.0	1.0 cup	0.703
10072	Pork, fresh, shoulder, whole, separable lean only, raw	28.35	1.0 oz	0.700
25022	Snacks, FRITOLAY, SUNCHIPS, multigrain, French onion flavor	28.35	1.0 oz	0.700
18142	Cake, pudding-type, yellow, dry mix	28.35	1.0 oz	0.700
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	113.0	4.0 oz	0.699
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	30.4	1.0 fl oz	0.699
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	0.698
18144	Cake, yellow, enriched, dry mix	43.0	1.0 serving	0.697
18319	Pie, fried pies, fruit	28.35	1.0 oz	0.697
18444	Pie, fried pies, cherry	28.35	1.0 oz	0.697
18445	Pie, fried pies, lemon	28.35	1.0 oz	0.697
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	113.0	4.0 oz	0.696
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.695
18172	Cookies, gingersnaps	28.35	1.0 oz	0.695
18117	Cake, pudding-type, marble, dry mix	28.35	1.0 oz	0.695
06219	CAMPBELL'S, 98% Fat Free Cream of Chicken Soup, condensed	124.0	0.5 cup condensed	0.694
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	0.693
08641	Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar	33.0	1.0 packet	0.690
18527	ARCHWAY Home Style Cookies, Date Filled Oatmeal	25.0	1.0 serving	0.690
19009	Snacks, KRAFT, CORNNUTS, plain	28.35	1.0 oz	0.689
05653	Ostrich, round, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.689
15083	Fish, salmon, pink, raw	85.0	3.0 oz	0.689
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	0.688
28138	KEEBLER, TOWN HOUSE, Bistro Multigrain Crackers	16.0	2.0 crackers	0.688
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	0.688
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.686
27062	Soup, beef barley, ready to serve	208.0	1.0 cup	0.684
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	85.0	3.0 oz	0.684
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.684
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	0.684
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.684
19859	Cocoa, dry powder, hi-fat or breakfast, plain	5.4	1.0 tbsp	0.683

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.682
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	0.682
18977	KASHI, TLC, Toasted Asiago Crackers	31.0	15.0 crackers	0.682
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	49.0	0.5 cup (1 NLEA serving)	0.681
03007	Babyfood, meat, pork, strained	28.35	1.0 oz	0.680
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	0.680
20024	Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	0.680
22995	KASHI, Sweet and Sour Chicken, Frozen Entree	283.0	1.0 package	0.679
15261	Fish, tilapia, raw	116.0	1.0 fillet	0.679
43476	Tofu yogurt	262.0	1.0 cup	0.679
18135	Cake, pudding-type, white, enriched, dry mix	28.35	1.0 oz	0.678
16101	Pigeon peas (red gram), mature seeds, raw	205.0	1.0 cup	0.677
28066	KEEBLER, CLUB, Minis Multigrain Crackers	15.0	17.0 crackers	0.675
05632	Emu, top loin, cooked, broiled	85.0	1.0 serving ( 3 oz )	0.675
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	14.6	1.0 tbsp	0.674
15186	Fish, tuna, white, canned in water, without salt, drained solids	85.0	3.0 oz	0.673
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	0.673
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.672
16542	MORNINGSTAR FARMS Breakfast Bacon Strips, frozen, unprepared	16.0	2.0 strips	0.672
16535	WORTHINGTON Stripples, frozen, unprepared	16.0	2.0 strip	0.672
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	0.672
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.672
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	0.672
08702	Cereals, KELLOGG'S SPECIAL K NOURISH, Cinnamon Raisin Pecan, dry	52.0	1.0 Container (1 NLEA serving)	0.671
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.671
20510	Noodles, egg, cooked, unenriched, with added salt	160.0	1.0 cup	0.670
20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	0.670
20110	Noodles, egg, enriched, cooked	160.0	1.0 cup	0.670
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	0.670
04687	Margarine-like spread, BENECOL Light Spread	14.0	1.0 tablespoon (1 NLEA serving)	0.668
12193	Seeds, sisymbrium sp. seeds, whole, dried	74.0	1.0 cup	0.667
03213	Babyfood, cookies	28.35	1.0 oz	0.667
17222	Veal, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.666
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	0.666
14192	Beverages, Cocoa mix, powder	28.0	1.0 serving (3 heaping tsp or 1 envelope)	0.666

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	0.665
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	0.664
18419	Cake, pudding-type, white, unenriched, dry mix	28.35	1.0 oz	0.663
17324	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.662
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.662
15092	Fish, sea bass, mixed species, cooked, dry heat	101.0	1.0 fillet	0.662
28188	KELLOGG'S, SPECIAL K, Cracker Chips, Sour Cream & Onion	30.0	27.0 chips	0.660
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	60.0	1.0 cup (1 NLEA serving)	0.660
16526	WORTHINGTON Meatless Chicken Roll, frozen, unprepared	55.0	1.0 slices , 3/8"	0.660
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	0.659
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	0.659
08649	Cereals ready-to-eat, KASHI GOLEAN CRISP Cinnamon Crumble	51.0	0.75 cup (1 NLEA serving)	0.658
04143	Salad dressing, italian dressing, commercial, regular, without salt	14.7	1.0 tablespoon	0.658
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	0.657
05649	Ostrich, outside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.655
06309	CAMPBELL'S, Chicken with Rice Soup, condensed	126.0	0.5 cup condensed	0.655
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.655
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.654
16045	Beans, small white, mature seeds, raw	215.0	1.0 cup	0.654
18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	0.653
03840	Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	0.653
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.653
13318	Beef, variety meats and by-products, brain, raw	28.35	1.0 oz	0.652
43031	Candies, chocolate covered, caramel with nuts	14.0	1.0 piece	0.652
28308	Crackers, standard snack-type, with whole wheat	15.0	5.0 crackers 1 serving	0.652
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	0.651
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	0.651
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.650
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	0.650
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	59.0	1.0 cup (1 NLEA serving)	0.649
18080	Bread sticks, plain	46.0	1.0 cup, small pieces	0.649
04685	Oil, cooking and salad, ENOVA, 80% diglycerides	14.0	1.0 tbsp (1 NLEA serving)	0.648
06742	Soup, vegetable beef, microwavable, ready-to-serve, single brand	292.0	1.0 serving	0.645
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.645

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	0.644
14231	Beverages, KRAFT, coffee, instant, French Vanilla Cafe	14.0	1.0 NLEA Serving	0.644
43366	Turkey, wing, smoked, cooked, with skin, bone removed	19.0	1.0 oz with bone, cooked (yield after bone removed)	0.643
14224	Beverages, coffee, instant, mocha, sweetened	13.0	1.0 serving 2 tbsp	0.641
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	21.0	1.0 oz with bone, cooked (yield after bone removed)	0.641
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	0.641
03689	Babyfood, cereal, oatmeal, prepared with whole milk	28.35	1.0 oz	0.640
28133	KEEBLER, TOASTEDS, Buttercrisps Crackers	16.0	5.0 crackers	0.640
28148	KEEBLER, TOWN HOUSE, Wheat Crackers	16.0	5.0 crackers	0.640
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120.0	1.0 piece (2-1/2" x 2-3/4" x 1")	0.640
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	0.639
43364	Snacks, tortilla chips, unsalted, white corn	26.0	1.0 cup	0.639
20648	Sorghum flour, whole-grain	121.0	1.0 cup	0.639
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	210.0	1.0 cup	0.638
17191	Lamb, variety meats and by-products, heart, raw	28.35	1.0 oz	0.638
20647	Millet flour	119.0	1.0 cup	0.638
16157	Chickpea flour (besan)	92.0	1.0 cup	0.638
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	0.638
15129	Fish, turbot, european, raw	85.0	3.0 oz	0.638
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	0.637
20016	Corn flour, whole-grain, yellow	117.0	1.0 cup	0.635
20316	Corn flour, whole-grain, white	117.0	1.0 cup	0.635
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	0.634
18019	Bread, banana, prepared from recipe, made with margarine	28.35	1.0 oz	0.634
05143	Duck, domesticated, liver, raw	44.0	1.0 liver	0.634
07254	Turkey bacon, unprepared	14.0	1.0 serving	0.633
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.631
05311	Chicken, canned, no broth	28.0	1.0 oz	0.630
18505	KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat	70.0	2.0 waffles 1 serving	0.630
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.628
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	0.626
18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	0.626
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	0.626
20131	Barley malt flour	162.0	1.0 cup	0.625
32010	Pasta mix, Italian lasagna, unprepared	141.0	1.0 package	0.625

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	0.625
20113	Noodles, chinese, chow mein	28.0	0.5 cup dry	0.624
08704	Cereals, KELLOGG'S SPECIAL K NOURISH, Maple Brown Sugar Crunch, dry	52.0	1.0 Container (1 NLEA serving)	0.624
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.621
17185	Lamb, variety meats and by-products, brain, raw	28.35	1.0 oz	0.621
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	62.0	1.0 fillet	0.621
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	85.0	3.0 oz	0.620
06955	Soup, cream of chicken, canned, condensed, reduced sodium	124.0	0.5 cup	0.620
43543	Milk, imitation, non-soy	244.0	1.0 cup	0.620
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.619
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.35	1.0 oz	0.619
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	0.619
20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.5 oz	0.618
20075	Wheat, soft white	168.0	1.0 cup	0.618
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	32.0	1.0 bar	0.618
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	0.617
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	98.0	1.0 cup dry mix	0.617
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.617
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	0.616
15003	Fish, bass, fresh water, mixed species, raw	79.0	1.0 fillet	0.616
16019	Beans, cranberry (roman), mature seeds, raw	195.0	1.0 cup	0.616
20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	0.616
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	0.616
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	296.0	1.0 serving	0.616
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	0.615
28140	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Garlic Herb	15.0	5.0 crackers	0.615
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	0.614
15115	Fish, trout, rainbow, wild, raw	85.0	3.0 oz	0.614
15010	Fish, catfish, channel, wild, raw	85.0	3.0 oz	0.614
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	0.613
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	0.612
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.611
28344	Crackers, gluten-free, multigrain and vegetable, made with corn starch and white rice flour	10.7	3.0 crackers	0.611
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.611
05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	0.611

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0.611
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.611
20061	Rice flour, white, unenriched	158.0	1.0 cup	0.610
06733	Soup, beef with vegetables and barley, canned, condensed, single brand	127.0	1.0 serving	0.610
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	0.609
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	29.0	0.75 cup (1 NLEA serving)	0.609
16561	MORNINGSTAR FARMS Corn Dog Mini, frozen, unprepared	76.0	4.0 pieces	0.608
28134	KEEBLER, TOASTEDS, Party Pack Cracker Assortment	16.0	5.0 crackers	0.608
28343	Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour	44.0	1.0 roll	0.608
28373	UDI'S, Gluten Free, Whole Grain Dinner Rolls	44.0	1.0 roll	0.608
20017	Corn flour, masa, enriched, white	114.0	1.0 cup	0.606
20317	Corn flour, yellow, masa, enriched	114.0	1.0 cup	0.606
20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	0.606
16067	Hyacinth beans, mature seeds, raw	210.0	1.0 cup	0.605
03084	Babyfood, dinner, vegetables and turkey, strained	256.0	1.0 cup	0.604
11384	Potatoes, au gratin, dry mix, unprepared	26.0	0.167 package (5.5 oz)	0.604
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.604
22123	MORNINGSTAR FARMS Spicy Black Bean Burger, frozen, unprepared	67.0	1.0 burger	0.603
16551	MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared	67.0	1.0 burger	0.603
18603	GEORGE WESTON BAKERIES, Brownberry Sage and Onion Stuffing Mix, dry	67.0	1.0 serving	0.603
16606	MORNINGSTAR FARMS Mediterranean Chickpea, frozen, unprepared	67.0	1.0 Burger	0.603
20071	Wheat, hard red spring	192.0	1.0 cup	0.603
18293	Pancakes, plain, prepared from recipe	28.35	1.0 oz	0.602
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	0.600
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	17.0	1.0 tbsp	0.600
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	50.0	1.0 cup (1 NLEA serving)	0.600
28139	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Cheese	15.0	5.0 crackers	0.600
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	0.598
19434	Cheese puffs and twists, corn based, baked, low fat	28.35	1.0 oz	0.595
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	48.0	0.5 cup (1 NLEA serving)	0.595
16508	LOMA LINDA Tender Bits, canned, unprepared	85.0	6.0 pieces	0.595
05645	Ostrich, inside leg, cooked	85.0	1.0 serving ( 3 oz )	0.595
17167	Game meat, elk, cooked, roasted	85.0	3.0 oz	0.595
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.593
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	0.592

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	51.0	12.0 fries	0.590
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.590
10096	Pork, fresh, variety meats and by-products, brain, raw	28.35	1.0 oz	0.589
07091	New england brand sausage, pork, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.589
18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	0.586
19070	Candies, butterscotch	28.35	1.0 oz	0.585
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	0.585
28389	PEPPERIDGE FARM, White Bread	45.0	1.0 serving	0.585
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	9.4	1.0 scoop	0.584
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	0.583
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	0.583
20323	Cornmeal, white, self-rising, bolted, plain, enriched	122.0	1.0 cup	0.583
20023	Cornmeal, yellow, self-rising, bolted, plain, enriched	122.0	1.0 cup	0.583
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	197.0	1.0 serving	0.583
03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	0.582
21337	McDONALD'S, Peanuts (for Sundaes)	7.0	0.3 oz	0.581
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	0.581
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	0.581
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	85.0	3.0 oz	0.581
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	0.581
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	0.580
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	0.580
18292	Pancakes, plain, dry mix, incomplete, prepared	28.35	1.0 oz	0.580
18354	Strudel, apple	28.35	1.0 oz	0.579
17152	Game meat, beefalo, composite of cuts, raw	28.35	1.0 oz	0.578
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	0.578
18566	Artificial Blueberry Muffin Mix, dry	31.0	1.0 muffin	0.578
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	0.578
18235	Crackers, whole-wheat	28.0	1.0 serving	0.578
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	0.578
21129	Fast foods, hush puppies	22.0	1.0 piece	0.577
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.576
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	28.35	1.0 oz	0.576



NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	0.575
01241	Ice cream sandwich, made with light ice cream, vanilla	70.0	1.0 serving	0.575
01242	Ice cream sandwich, vanilla, light, no sugar added	70.0	1.0 serving	0.575
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	40.0	2.0 bar	0.574
16377	Lupins, mature seeds, cooked, boiled, with salt	166.0	1.0 cup	0.574
16077	Lupins, mature seeds, cooked, boiled, without salt	166.0	1.0 cup	0.574
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.574
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.574
18097	Cake, pudding-type, chocolate, dry mix	28.35	1.0 oz	0.573
18196	Cookies, brownies, dry mix, sugar free	28.35	1.0 oz	0.572
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	0.572
08587	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Low Fat Granola	52.0	0.5 cup (1 NLEA serving)	0.572
08703	Cereals, KELLOGG'S SPECIAL K NOURISH, Cranberry Almond, dry	52.0	1.0 Container (1 NLEA serving)	0.572
08231	Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry	40.0	0.5 cup (1 NLEA serving)	0.572
28392	PEPPERIDGE FARM, Farmhouse 100% Whole Wheat Bread	43.0	1.0 serving	0.572
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51.0	0.5 cup (1 NLEA serving)	0.571
02025	Spices, nutmeg, ground	2.2	1.0 tsp	0.571
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	31.0	1.0 oz	0.570
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.570
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	0.570
18976	KASHI, TLC, Country Cheddar Crackers	30.0	18.0 cracker	0.570
28141	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Original	15.0	5.0 crackers	0.570
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	0.570
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.569
16557	MORNINGSTAR FARMS Chik Patties, frozen, unprepared	71.0	1.0 patty	0.568
16133	Yardlong beans, mature seeds, raw	167.0	1.0 cup	0.566
01114	Whey, sweet, fluid	246.0	1.0 cup	0.566
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	0.564
18294	Pancakes, blueberry, prepared from recipe	28.35	1.0 oz	0.563
36612	DENNY'S, golden fried shrimp	16.0	1.0 piece	0.562
15206	Fish, pout, ocean, cooked, dry heat	137.0	0.5 fillet	0.562
07973	Turkey bacon, microwaved	8.1	1.0 slice	0.562
06465	Soup, turkey noodle, canned, prepared with equal volume water	244.0	1.0 cup	0.561
08589	Cereals ready-to-eat, KASHI GOLEAN CRISP Toasted Berry Crumble	51.0	0.75 cup (1 NLEA serving)	0.561

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.561
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	30.5	1.0 fl oz	0.561
16602	MORNINGSTAR FARMS Meal Starters Veggie Meatballs, frozen, unprepared	80.0	5.0 meatballs	0.560
28136	KEEBLER, TOASTEDS, Sesame Crackers	16.0	5.0 crackers	0.560
18506	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	70.0	2.0 waffles 1 serving	0.560
16504	LOMA LINDA Tender Rounds with Gravy, canned, unprepared	80.0	6.0 pieces	0.560
18992	KELLOGG'S, BEANATURAL, Original 3-Bean Chips	28.0	12.0 chips	0.560
16509	LOMA LINDA Linketts, canned, unprepared	35.0	1.0 link	0.560
35183	Corn, dried, yellow (Northern Plains Indians)	28.35	1.0 oz	0.560
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.559
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	28.35	1.0 oz	0.559
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	153.0	1.0 cup	0.558
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	153.0	1.0 cup	0.558
15224	Fish, wolffish, Atlantic, cooked, dry heat	119.0	0.5 fillet	0.557
05629	Emu, inside drums, cooked, broiled	85.0	1.0 serving ( 3 oz )	0.556
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	30.0	0.75 cup (1 NLEA serving)	0.555
08634	Cereals ready-to-eat, GENERAL MILLS, PEANUT BUTTER TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	0.555
06440	Soup, minestrone, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.554
28310	Cookies, shortbread, reduced fat	11.8	1.0 cookie	0.554
08627	Cereals ready-to-eat, QUAKER, Natural Granola Apple Cranberry Almond	49.0	0.5 cup (1 NLEA serving)	0.554
16212	Vitasoy USA, Organic Nasoya Extra Firm Tofu	79.0	0.2 package	0.553
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	0.553
17304	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.552
01244	Milk dessert bar, frozen, made from lowfat milk	68.0	1.0 bar	0.551
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.550
17199	Lamb, variety meats and by-products, liver, raw	28.35	1.0 oz	0.550
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	0.549
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	27.0	0.75 cup (1 NLEA serving)	0.548
11344	Pigeonpeas, immature seeds, raw	154.0	1.0 cup	0.545
15090	Fish, scup, raw	85.0	3.0 oz	0.544
28135	KEEBLER, TOASTEDS, Onion Crackers	16.0	5.0 crackers	0.544
05152	Guinea hen, meat only, raw	85.0	3.0 oz	0.544
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	0.544

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	0.544
01224	Protein supplement, milk based, Muscle Milk Light, powder	50.0	2.0 scoop	0.544
06558	Soup, tomato bisque, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	0.543
08694	Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon	45.0	1.0 packet (1 NLEA serving)	0.543
17428	Veal, shank, separable lean only, raw	85.0	3.0 oz	0.543
06158	Soup, tomato bisque, canned, condensed	129.0	0.5 cup (4 fl oz)	0.542
35009	Whale, beluga, meat, dried (Alaska Native)	45.0	1.0 strip	0.542
17188	Veal, variety meats and by-products, brain, raw	28.35	1.0 oz	0.541
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	0.541
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	0.541
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	0.541
28189	KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch	30.0	27.0 chips	0.540
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	11.0	1.0 cup	0.538
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	0.536
18427	Crackers, standard snack-type, regular, low salt	14.2	0.5 oz	0.536
22118	MORNINGSTAR FARMS Garden Veggie Patties, frozen, unprepared	67.0	1.0 burger	0.536
17059	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	28.35	1.0 oz	0.536
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	0.536
32009	Pasta mix, classic beef, unprepared	122.0	1.0 package	0.536
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.536
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.536
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	28.35	1.0 oz	0.535
08687	Cereals, QUAKER, Weight Control Instant Oatmeal, banana bread	45.0	1.0 packet (1 NLEA serving)	0.535
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	0.534
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	55.0	0.666 cup (1 NLEA serving)	0.534
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.533
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.533
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.532
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.532
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	0.532
20074	Wheat, hard white	192.0	1.0 cup	0.532
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.532
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	0.530
28387	PEPPERIDGE FARM, Hamburger Buns w/Sesame	53.0	1.0 serving	0.530
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	53.0	0.67 Cup (1 NLEA serving)	0.530

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	0.529
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	0.529
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.528
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.527
01250	Nutritional supplement for people with diabetes, liquid	227.0	1.0 can	0.527
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	0.526
11660	Tomatoes, red, ripe, cooked, stewed	101.0	1.0 cup	0.526
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	0.526
20037	Rice, brown, long-grain, cooked	202.0	1.0 cup	0.525
27059	Sauce, peanut, made from peanut butter, water, soy sauce	18.0	1.0 tbsp	0.523
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	0.522
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	240.0	1.0 cup	0.521
08686	Cereals, QUAKER, Weight Control Instant Oatmeal, maple and brown sugar	45.0	1.0 packet (1 NLEA serving)	0.521
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	55.0	0.75 cup (1 NLEA serving)	0.520
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	52.0	0.75 cup (1 NLEA serving)	0.520
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	52.0	0.75 cup (1 NLEA serving)	0.520
07053	Pate, chicken liver, canned	13.0	1.0 tbsp	0.520
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	0.520
18390	Pancakes, buttermilk, prepared from recipe	28.35	1.0 oz	0.519
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	0.519
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	57.0	1.25 cup (1 NLEA serving)	0.519
05648	Ostrich, outside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.518
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	0.518
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.518
05111	Canada Goose, breast meat, skinless, raw	85.0	3.0 oz	0.518
15097	Fish, sheepshead, raw	85.0	3.0 oz	0.518
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	0.517
20072	Wheat, hard red winter	192.0	1.0 cup	0.516
20080	Wheat flour, whole-grain	120.0	1.0 cup	0.516
06063	Soup, tomato rice, canned, condensed	129.0	0.5 cup (4 fl oz)	0.516
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.516
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	0.516
28313	Rolls, hamburger or hot dog, whole wheat	56.0	1.0 roll	0.516
14017	Alcoholic beverage, pina colada, prepared-from-recipe	31.4	1.0 fl oz	0.514
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	0.513

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
16592	MORNINGSTAR FARMS California Turk'y Burger, frozen, unprepared	64.0	1.0 burger	0.512
28137	KEEBLER, TOASTEDS, Wheat Crackers	16.0	5.0 crackers	0.512
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	32.0	0.75 cup (1 NLEA serving)	0.512
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	0.512
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	28.35	1.0 oz	0.511
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	30.4	1.0 fl oz	0.510
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	30.4	1.0 fl oz	0.510
16216	Vitasoy USA, Vitasoy Organic Classic Original Soymilk	243.0	1.0 cup	0.510
16273	Vitasoy USA Organic Nasoya, Tofu Plus Extra Firm	85.0	3.0 oz	0.510
05644	Ostrich, inside leg, raw	85.0	1.0 serving ( cooked from 4 oz raw )	0.510
17161	Game meat, buffalo, water, cooked, roasted	85.0	3.0 oz	0.510
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	0.510
06622	SMART SOUP, Indian Bean Masala	283.0	10.0 oz 1 pouch	0.509
06623	SMART SOUP, Moroccan Chick Pea	283.0	10.0 oz 1 pouch	0.509
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.509
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	0.508
13358	Beef, cured, smoked, chopped beef	28.0	1.0 slice (1 oz)	0.507
42230	Salad Dressing, coleslaw dressing, reduced fat	17.0	1.0 tbsp	0.507
18935	Waffle, plain, frozen, ready-to-heat, microwave	32.0	1.0 waffle, round (4"dia)	0.506
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	0.504
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.504
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.504
05228	Turkey, wing, from whole bird, meat only, roasted	85.0	3.0 oz	0.504
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.504
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	0.504
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.504
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	0.504
06986	CAMPBELL'S HEALTHY REQUEST, Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	0.504
06212	CAMPBELL'S, 25% Less Sodium Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	0.504
28064	KEEBLER, CLUB, Dash of Salt Crackers	14.0	4.0 crackers	0.504
28068	KEEBLER, CLUB, Original Crackers	14.0	4.0 crackers	0.504
18980	KASHI, Original Waffle	72.0	2.0 pieces	0.504
18978	KASHI, Blueberry Waffle	72.0	2.0 pieces	0.504
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.503
22945	SUPPER BAKES MEAL KITS, Garlic Chicken with pasta (chicken not included)	103.0	0.167 box (NLEA serving)	0.503

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
22948	SUPPER BAKES MEAL KITS, Savory Pork Chops with herb stuffing (pork chop not included)	85.0	1.0 serving	0.502
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	0.502
27021	CAMPBELL'S Homestyle HEALTHY REQUEST Chicken with Whole Grain Pasta Soup	246.0	1.0 cup	0.502
18320	Pie, lemon meringue, commercially prepared	28.35	1.0 oz	0.501
06470	CAMPBELL'S Low Sodium Soups, Chicken Broth	298.0	1.0 serving 1 container	0.501
16242	SILK Plus for Bone Health, soymilk	243.0	1.0 cup	0.501
16236	SILK Vanilla, soymilk	243.0	1.0 cup	0.501
16249	SILK Coffee, soymilk	243.0	1.0 cup	0.501
16222	Soymilk (all flavors), unsweetened, with added calcium, vitamins A and D	243.0	1.0 cup	0.501
16243	SILK Plus Fiber, soymilk	243.0	1.0 cup	0.501
16237	SILK Chocolate, soymilk	243.0	1.0 cup	0.501
16247	SILK Chai, soymilk	243.0	1.0 cup	0.501
16223	Soymilk (All flavors), enhanced	243.0	1.0 cup	0.501
16244	SILK Unsweetened, soymilk	243.0	1.0 cup	0.501
16241	SILK Plus Omega-3 DHA, soymilk	243.0	1.0 cup	0.501
16235	SILK Plain, soymilk	243.0	1.0 cup	0.501
16248	SILK Mocha, soymilk	243.0	1.0 cup	0.501
16245	SILK Very Vanilla, soymilk	243.0	1.0 cup	0.501
22965	SPAGHETTIOS, SpaghettiOs Original, easy open	213.0	1.0 can (1 serving)	0.501
43450	Frozen novelties, juice type, juice with cream	71.0	2.5 oz	0.501
06236	PREGO Pasta, Roasted Garlic Parmesan Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	0.501
16200	Campbell's Brown Sugar And Bacon Flavored Baked Beans	130.0	0.5 cup	0.501
06223	PREGO Pasta, Flavored with Meat Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	0.501
16201	Campbell's Pork and Beans	130.0	0.5 cup	0.501
06221	PREGO Pasta, Chunky Garden Mushroom Supreme Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	0.501
06380	CAMPBELL'S Red and White, Split Pea with Ham and Bacon Soup, condensed	128.0	1.0 serving 1/2 cup	0.500
06311	CAMPBELL'S Red and White, Chicken Won Ton Soup, condensed	126.0	1.0 serving 1/2 cup	0.500
06058	CAMPBELL'S Red and White, Chicken Gumbo Soup, condensed	126.0	1.0 serving 1/2 cup	0.500
06054	CAMPBELL'S Red and White, Chicken Alphabet Soup, condensed	126.0	0.5 cup	0.500
06029	CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed	126.0	0.5 cup	0.500
06350	CAMPBELL'S Red and White, DOUBLE NOODLE in Chicken Broth Soup, condensed	126.0	1.0 serving 1/ 2 cup	0.500
06367	CAMPBELL'S Red and White, New England Clam Chowder, condensed	126.0	1.0 serving 1/2 cup	0.500
27013	CAMPBELL'S Red and White, Chicken Barley with Mushrooms Soup, condensed	126.0	0.5 cup	0.500
06047	CAMPBELL'S Red and White, Chicken and Stars Soup, condensed	126.0	1.0 serving 1/2 cup	0.500
06003	CAMPBELL'S Red and White, Beefy Mushroom Soup, condensed	126.0	1.0 serving 1/2 cup	0.500

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
06364	CAMPBELL'S Red and White, Manhattan Clam Chowder, condensed	126.0	1.0 serving 1/2 cup	0.500
27032	CAMPBELL'S Red and White, Lentil Soup, condensed	126.0	0.5 cup	0.500
06145	CAMPBELL'S Red and White, Beef Noodle Soup, condensed	126.0	1.0 serving 1/2 cup	0.500
06351	CAMPBELL'S Red and White, Old Fashioned Tomato Rice Soup, condensed	126.0	1.0 serving 1/2 cup	0.500
06365	CAMPBELL'S Red and White, Mega Noodle in Chicken Broth, condensed	126.0	1.0 serving 1/2 cup	0.500
06357	CAMPBELL'S Red and White, GOLDFISH Pasta with Chicken in Chicken Broth, condensed	126.0	1.0 serving 1/2 cup	0.500
06084	CAMPBELL'S Red and White, Chicken Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	0.500
06374	CAMPBELL'S Red and White, Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	0.500
27015	CAMPBELL'S Red and White, PHINEAS and FERB Soup, condensed	126.0	0.5 cup serving	0.500
06349	CAMPBELL'S Red and White, SCOOPY-DOO Soup, condensed	126.0	1.0 serving 1/2 cup	0.500
06366	CAMPBELL'S Red and White, Minestrone Soup, condensed	126.0	1.0 serving 1/2 cup	0.500
27022	CAMPBELL'S Soup on the GO, HEALTHY REQUEST Chicken with Mini Noodles Soup	305.0	1.0 container	0.500
06586	CAMPBELL'S Soup on the Go, Chicken & Stars Soup	305.0	1.0 container	0.500
06595	CAMPBELL'S Soup on the Go, Vegetable Beef Soup	305.0	1.0 container	0.500
06587	CAMPBELL'S Soup on the Go, Chicken with Mini Noodles Soup	305.0	1.0 container	0.500
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	30.0	0.75 cup (1 NLEA serving)	0.500
28321	Rolls, hamburger, whole grain white, calcium-fortified	43.0	1.0 piece roll	0.500
22946	SUPPER BAKES MEAL KITS, Herb Chicken with rice (chicken not included)	94.0	0.167 box (NLEA serving)	0.500
22947	SUPPER BAKES MEAL KITS, Lemon Chicken with herb rice (chicken not included)	94.0	1.0 serving (NLEA serving)	0.500
14557	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	22.0	1.0 serving	0.500
14317	Beverages, malted drink mix, chocolate, powder	21.0	1.0 serving (3 heaping tsp or 1 envelope)	0.500
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	50.0	1.0 cup (1 NLEA serving)	0.500
06232	PREGO Pasta, Organic Mushroom Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	0.500
14063	Beverages, chocolate powder, no sugar added	11.0	2.0 tbsp	0.500
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	0.500
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	24.0	1.0 bar	0.500
18973	Focaccia, Italian flatbread, plain	57.0	1.0 piece	0.500
06447	CAMPBELL'S CHUNKY Soups, Savory Vegetable Soup	245.0	1.0 cup	0.500
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	70.0	1.0 serving 2 waffles	0.500
06418	CAMPBELL'S CHUNKY Soups, Hearty Chicken with Vegetables Soup	245.0	1.0 serving	0.500
06400	CAMPBELL'S CHUNKY Soups, Grilled Chicken with Vegetables & Pasta Soup	245.0	1.0 cup	0.500
06396	CAMPBELL'S CHUNKY Soups, Fajita Chicken with Rice & Beans Soup	245.0	1.0 cup	0.500
06251	CAMPBELL'S CHUNKY Microwavable Bowls, Old Fashioned Vegetable Beef Soup, ready-to-serve	245.0	1.0 serving 1 cup	0.500
06497	CAMPBELL'S Red and White - Microwaveable Bowls, Chicken Noodle Soup	245.0	1.0 cup	0.500
06462	CAMPBELL'S CHUNKY Soups, Steak 'N' Potato Soup	245.0	1.0 cup	0.500

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
06332	Gravy, CAMPBELL'S, turkey, microwavable	60.0	0.25 cup	0.500
06408	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Vegetable Soup	245.0	1.0 cup	0.500
27018	CAMPBELL'S Homestyle Microwaveable Bowls, HEALTHY REQUEST Mexican Style Tortilla	245.0	1.0 cup	0.500
06441	CAMPBELL'S CHUNKY Soups, Savory Pot Roast Soup	245.0	1.0 cup	0.500
06389	CAMPBELL'S CHUNKY Soups, Beef with White and Wild Rice Soup	245.0	1.0 cup	0.500
06617	CAMPBELL'S Homestyle Light Italian-Style Wedding Soup	245.0	1.0 cup	0.500
06537	CAMPBELL'S Homestyle HEALTHY REQUEST Mexican Style Chicken Tortilla	245.0	1.0 cup	0.500
27019	CAMPBELL'S Homestyle Harvest Tomato with Basil Soup	245.0	1.0 cup	0.500
06505	CAMPBELL'S Red and White - Microwaveable Bowls, Vegetable Beef Soup	245.0	1.0 cup	0.500
06414	CAMPBELL'S CHUNKY Soups, Hearty Bean 'N' Ham Soup	245.0	1.0 cup	0.500
06502	CAMPBELL'S Red and White - Microwaveable Bowls, Chicken Rice Soup	245.0	1.0 cup	0.500
06439	CAMPBELL'S CHUNKY Soups, Savory Chicken with White & Wild Rice Soup	245.0	1.0 cup	0.500
22949	SUPPER BAKES MEAL KITS, Southwestern-Style Chicken w/rice (chicken not included)	81.0	0.167 box (NLEA serving)	0.500
06326	Gravy, CAMPBELL'S, turkey	59.0	0.25 cup	0.500
06997	Gravy, CAMPBELL'S, beef	59.0	0.25 cup	0.500
06324	Gravy, CAMPBELL'S, beef, microwavable	59.0	0.25 cup	0.500
06991	HEALTHY REQUEST, Tomato Soup, condensed	124.0	1.0 serving 1/2 cup	0.500
06987	HEALTHY REQUEST, Cream of Celery Soup, condensed	124.0	1.0 serving 1/2 cup	0.500
06209	CAMPBELL'S, 98% Fat Free Cream of Broccoli Soup, condensed	124.0	0.5 cup condensed	0.500
14058	Beverages, Whey protein powder isolate	86.0	3.0 scoop	0.500
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	0.500
16252	SILK Plain soy yogurt	227.0	1.0 container	0.499
16250	SILK Vanilla soy yogurt (family size)	227.0	1.0 container	0.499
18275	Muffins, blueberry, dry mix	43.0	1.0 serving	0.499
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	0.499
22932	SPAGHETTIOS, SpaghettiOs A to Z's	252.0	1.0 cup (1 serving)	0.499
22930	SPAGHETTIOS, Spaghetti in Tomato & Cheese Sauce	252.0	1.0 cup (1 serving)	0.499
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	0.499
22938	SPAGHETTIOS, SpaghettiOs plus Calcium	252.0	1.0 cup (1 serving)	0.499
22931	SPAGHETTIOS, SpaghettiOs Original	252.0	1.0 cup (1 serving)	0.499
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	0.498
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	0.498
08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	30.0	0.75 cup (1 NLEA serving)	0.498
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	0.498
19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	0.498



NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	0.498
05285	Turkey, diced, light and dark meat, seasoned	28.35	1.0 oz	0.496
06195	CAMPBELL'S, HEALTHY REQUEST, cream of chicken soup, condensed	124.0	0.5 cup condensed	0.496
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	62.0	1.0 cup (1 NLEA serving)	0.496
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	28.35	1.0 oz	0.496
20130	Barley flour or meal	148.0	1.0 cup	0.496
06122	Gravy, mushroom, dry, powder	21.0	1.0 cup (8 fl oz)	0.496
05624	Emu, fan fillet, cooked, broiled	85.0	1.0 serving ( 3 oz )	0.496
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	0.495
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	0.495
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	28.35	1.0 oz	0.495
06463	Soup, tomato rice, canned, prepared with equal volume water	247.0	1.0 cup	0.494
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.494
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.494
15014	Fish, cisco, smoked	28.35	1.0 oz	0.494
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	0.493
08215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	56.0	1.0 cup (1 NLEA serving)	0.493
18420	Cake, yellow, unenriched, dry mix	28.35	1.0 oz	0.493
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	16.0	1.0 wing without skin, bone and breading	0.493
15100	Fish, smelt, rainbow, cooked, dry heat	85.0	3.0 oz	0.492
08353	Cereals ready-to-eat, QUAKER, MOTHER'S Cinnamon Oat Crunch	60.0	1.0 cup (1 NLEA serving)	0.492
05316	Duck, young duckling, domesticated, White Pekin, breast, meat only, boneless, cooked without skin, broiled	85.0	3.0 oz	0.491
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	31.0	1.5 cup (1 NLEA serving)	0.491
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	49.0	0.75 cup (1 NLEA serving)	0.490
28394	PEPPERIDGE FARM, Hamburger Bun	51.0	1.0 serving	0.490
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240.0	1.0 cup	0.490
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0.490
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	55.0	0.667 cup (1 NLEA serving)	0.490
08632	Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	56.0	1.0 cup (1 NLEA serving)	0.489
05327	Chicken breast tenders, breaded, uncooked	15.0	1.0 piece	0.489
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	56.0	1.0 cup (1 NLEA serving)	0.489
20005	Barley, pearled, raw	200.0	1.0 cup	0.488
20650	Sorghum flour, refined, unenriched	161.0	1.0 cup	0.488
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed	30.4	1.0 fl oz	0.486

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed	30.4	1.0 fl oz	0.486
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	0.486
16215	Vitasoy USA, Vitasoy Organic Creamy Original Soymilk	243.0	1.0 cup	0.486
20073	Wheat, soft red winter	168.0	1.0 cup	0.486
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	127.0	0.5 cup	0.485
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.485
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	30.4	1.0 fl oz	0.484
06019	Soup, chicken noodle, canned, condensed	124.0	0.5 cup	0.482
10802	USDA Commodity, pork, cured, ham, boneless, cooked, heated	28.35	1.0 oz boneless	0.482
18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	0.482
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.482
16145	Beans, kidney, red, mature seeds, canned, drained solids	266.0	1.0 can drained solids	0.481
06233	PREGO Pasta, Organic Tomato and Basil Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	0.481
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	0.480
08672	Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS	30.0	0.75 cup (1 NLEA serving)	0.480
28041	KASHI, TLC, Oatmeal Raisin Flax Cookies	30.0	1.0 cookie	0.480
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	0.480
12129	Nuts, ginkgo nuts, canned	155.0	1.0 cup (78 kernels)	0.479
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	0.479
08351	Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal	33.0	1.0 cup (1 NLEA serving)	0.479
07938	Ham, honey, smoked, cooked	55.0	1.94 oz (1 serving)	0.479
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	0.478
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	0.477
06062	CAMPBELL'S, Red and White, Chicken Noodle Soup, condensed	123.0	0.5 cup	0.477
18281	Muffins, corn, toaster-type	28.35	1.0 oz	0.477
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	0.477
18614	MARTHA WHITE FOODS, Martha White's Chewy Fudge Brownie Mix, dry	28.0	1.0 serving	0.476
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	0.476
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	0.475
10804	USDA Commodity, pork, cured, ham, boneless, cooked, unheated	28.35	1.0 oz boneless	0.474
16276	Vitasoy USA Azumaya, Extra Firm Tofu	79.0	0.2 package	0.474
06419	Soup, chicken noodle, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.474
08569	Cereals, KASHI HEART TO HEART, Instant Oatmeal, golden brown maple, dry	43.0	1.0 packet (1 NLEA serving)	0.473
06174	Soup, stock, fish, home-prepared	233.0	1.0 cup	0.473
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	0.471

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
43214	Butter replacement, without fat, powder	80.0	1.0 cup	0.471
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.471
17177	Game meat, rabbit, domesticated, composite of cuts, raw	28.35	1.0 oz	0.471
15250	Mollusks, conch, baked or broiled	127.0	1.0 cup, sliced	0.470
09313	Sapodilla, raw	241.0	1.0 cup, pulp	0.468
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	0.467
06023	Soup, chicken with rice, canned, condensed	126.0	0.5 cup	0.466
03201	Babyfood, cereal, egg yolks and bacon, junior	28.35	1.0 oz	0.465
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	0.464
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.464
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	0.463
12032	Seeds, sesame flour, partially defatted	28.35	1.0 oz	0.463
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	28.35	1.0 oz	0.463
28067	KEEBLER, CLUB, Multigrain Crackers	14.0	4.0 crackers	0.462
28292	Crackers, multigrain	14.0	4.0 crackers	0.462
43355	Mayonnaise, low sodium, low calorie or diet	14.0	1.0 tbsp	0.462
43391	Turkey, light or dark meat, smoked, cooked, skin and bone removed	28.0	1.0 medium slice (approx 3" x 2" x 1/4")	0.462
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	31.4	1.0 fl oz	0.462
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	0.462
27066	Sauce, horseradish	5.6	1.0 tsp	0.461
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	0.461
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28.35	1.0 oz	0.460
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	14.0	1.0 tbsp (1 NLEA serving)	0.460
17184	Game meat, squirrel, cooked, roasted	85.0	3.0 oz	0.459
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	240.0	1.0 cup	0.458
18028	Bread, egg, toasted	28.35	1.0 oz	0.458
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	35.0	1.0 packet	0.458
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	30.5	1.0 fl oz	0.458
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.456
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	30.5	1.0 fl oz	0.456
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.456
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.456
18619	NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping	11.0	1.0 serving	0.455
08640	Cereals, QUAKER, Instant Oatmeal Organic, Regular	41.0	1.0 packet	0.455

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	0.455
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.454
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1.0 oz	0.454
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	0.454
32008	Pasta mix, classic cheeseburger macaroni, unprepared	123.0	1.0 package	0.453
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	29.2	1.0 fl oz	0.453
18027	Bread, egg	28.35	1.0 oz	0.452
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	30.5	1.0 fl oz	0.451
28185	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites	10.0	1.0 pouch	0.450
08481	Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES	30.0	0.75 cup (1 NLEA serving)	0.450
28191	KELLOGG'S, SPECIAL K, Savory Herb Crackers	30.0	24.0 crackers	0.450
06423	Soup, chicken with rice, canned, prepared with equal volume water	243.0	1.0 serving 1 cup	0.450
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	30.4	1.0 fl oz	0.449
09139	Guavas, common, raw	165.0	1.0 cup	0.449
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	0.448
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	0.448
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	0.448
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	30.5	1.0 fl oz	0.448
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	30.5	1.0 fl oz	0.448
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	30.5	1.0 fl oz	0.448
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	32.0	0.75 cup (1 NLEA serving)	0.448
18344	Rolls, dinner, egg	28.35	1.0 oz	0.447
06123	Gravy, onion, dry, mix	24.0	1.0 cup (8 fl oz)	0.446
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.445
15251	USDA Commodity, salmon nuggets, breaded, frozen, heated	28.35	1.0 oz	0.445
08402	Cereals, QUAKER, Quick Oats, Dry	40.0	0.5 cup	0.444
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	85.0	3.0 oz	0.443
06072	Soup, vegetable with beef broth, canned, condensed	123.0	0.5 cup	0.443
07060	Luxury loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.442
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	0.442
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	0.442
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	0.442
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	0.441

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	0.441
06405	CAMPBELL'S CHUNKY, HEALTHY REQUEST Chicken Noodle Soup	245.0	1.0 cup	0.441
06042	Soup, mushroom barley, canned, condensed	126.0	0.5 cup (4 fl oz)	0.441
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.441
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.440
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.440
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	55.0	1.0 cup (1 NLEA serving)	0.440
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	55.0	0.75 cup (1 NLEA serving)	0.440
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	55.0	1.0 cup (1 NLEA serving)	0.440
18386	Muffins, blueberry, toaster-type, toasted	28.35	1.0 oz	0.440
06442	Soup, mushroom barley, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.439
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	0.439
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	0.439
28382	PEPPERIDGE FARM, Farmhouse Oatmeal Bread	43.0	1.0 serving	0.439
42178	Mayonnaise, made with tofu	15.0	1.0 tbsp	0.438
16146	Beans, pinto, canned, drained solids	277.0	1.0 can drained solids	0.438
16219	Vitasoy USA, Vitasoy Light Vanilla Soymilk	243.0	1.0 cup	0.437
11311	Peas, green, canned, drained solids, rinsed in tap water	257.0	1.0 can	0.437
18617	NABISCO, NABISCO GRAHAMS Crackers	28.0	1.0 serving	0.437
18641	INTERSTATE BRANDS CORP, WONDER Hamburger Rolls	43.0	1.0 serving	0.436
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	0.435
18268	French toast, frozen, ready-to-heat	28.35	1.0 oz	0.435
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	0.434
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.434
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	0.433
15004	Fish, bass, striped, raw	85.0	3.0 oz	0.431
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	15.0	1.0 tbsp	0.431
08568	Cereals, KASHI HEART TO HEART, Instant Oatmeal, Apple Cinnamon, dry	43.0	1.0 packet (1 NLEA serving)	0.430
06970	Soup, chicken broth, low sodium, canned	240.0	1.0 cup	0.430
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	14.5	1.0 tbsp	0.429
06363	CAMPBELL'S, Homestyle Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	0.428
28377	PEPPERIDGE FARM, 100% Whole Wheat Hamburger Buns	51.0	1.0 serving	0.428
12001	Seeds, breadfruit seeds, raw	28.35	1.0 oz	0.428
19202	Puddings, vanilla, dry mix, instant	99.0	1.0 package (3.5 oz)	0.428
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.428

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
18323	Pie, peach	28.35	1.0 oz	0.428
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.428
06734	Soup, chicken with star-shaped pasta, canned, condensed, single brand	125.0	1.0 serving	0.428
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	52.0	0.333 cup	0.427
20137	Quinoa, cooked	185.0	1.0 cup	0.427
43401	Beverages, coffee, instant, with whitener, reduced calorie	1.7	1.0 tsp dry	0.427
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	30.5	1.0 fl oz	0.427
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	0.427
16560	MORNINGSTAR FARMS Corn Dog, frozen, unprepared	71.0	1.0 dog	0.426
16590	MORNINGSTAR FARMS BBQ Riblets, frozen, unprepared	142.0	1.0 sauce	0.426
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	30.4	1.0 fl oz	0.425
18388	Muffins, wheat bran, toaster-type with raisins, toasted	28.35	1.0 oz	0.425
43595	Breakfast bar, corn flake crust with fruit	28.35	1.0 oz	0.425
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.425
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	35.0	1.0 bar	0.425
15252	USDA Commodity, salmon nuggets, cooked as purchased, unheated	28.35	1.0 oz	0.424
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	53.0	0.75 Cup (1 NLEA serving)	0.424
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	0.422
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.422
06341	CAMPBELL'S, Cream of Potato Soup, condensed	124.0	0.5 cup condensed	0.422
27034	CAMPBELL'S, 98% Fat Free Cream of Mushroom Soup, condensed	124.0	0.5 cup condensed	0.422
28381	PEPPERIDGE FARM, Farmhouse Hearty White Bread	43.0	1.0 serving	0.421
28146	KEEBLER, TOWN HOUSE, TOPPERS, Multigrain Crackers	14.0	3.0 crackers	0.420
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	0.420
08660	Cereals ready-to-eat, KELLOGG'S APPLE JACKS with marshmallows	28.0	1.0 cup (1 NLEA serving)	0.420
28190	KELLOGG'S, SPECIAL K, Multigrain Crackers	30.0	24.0 crackers	0.420
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	0.420
28187	KELLOGG'S, SPECIAL K, Cracker Chips, Sea Salt	30.0	30.0 chips	0.420
28145	KEEBLER, TOWN HOUSE, TOPPERS, Garlic Herb Crackers	14.0	3.0 crackers	0.420
06402	Soup, black bean, canned, prepared with equal volume water	247.0	1.0 cup	0.420
20093	Pasta, fresh-refrigerated, plain, as purchased	128.0	4.5 oz	0.420
09140	Guavas, strawberry, raw	244.0	1.0 cup	0.420
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	0.419
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.418
22122	MORNINGSTAR FARMS Breakfast Sausage Patties, frozen, unprepared	38.0	1.0 patty	0.418

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
18092	Cake, pudding-type, carrot, dry mix	28.35	1.0 oz	0.417
18338	Phyllo dough	28.35	1.0 oz	0.417
08688	Cereals, QUAKER, Instant Oatmeal, Cinnamon Swirl, high fiber	45.0	1.0 packet (1 NLEA serving)	0.417
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	14.2	0.5 oz	0.416
03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	0.414
05662	Ground turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.414
18223	Crackers, milk	14.2	0.5 oz	0.414
20070	Triticale flour, whole-grain	130.0	1.0 cup	0.413
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	32.0	1.5 cup (1 NLEA serving)	0.413
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	0.411
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	0.409
06988	CAMPBELL'S HEALTHY REQUEST, Cream of Mushroom Soup, condensed	124.0	0.5 cup condensed	0.409
21348	MCDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette	47.0	2.0 fl oz	0.409
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	28.35	1.0 oz	0.408
17170	Game meat, horse, raw	28.35	1.0 oz	0.408
06315	Soup, HEALTHY CHOICE Chicken and Rice Soup, canned	240.0	1.0 serving 1 cup	0.408
14428	Beverages, shake, fast food, strawberry	23.5	1.0 fl oz	0.407
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	30.4	1.0 fl oz	0.407
19439	Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar	37.0	1.0 bar	0.407
16022	Beans, french, mature seeds, raw	184.0	1.0 cup	0.407
27064	Wasabi	20.0	1.0 tablespoon	0.406
28147	KEEBLER, TOWN HOUSE, TOPPERS, Original Crackers	14.0	3.0 crackers	0.406
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	29.0	1.0 oz	0.406
16138	Falafel, home-prepared	17.0	1.0 patty (approx 2-1/4" dia)	0.405
16531	WORTHINGTON Prosage Links, frozen, unprepared	45.0	2.0 links	0.405
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	99.0	1.0 serving (3.5 oz)	0.405
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	8.0	1.0 cup	0.404
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.404
42140	Salad dressing, italian dressing, reduced calorie	14.0	1.0 tbsp	0.403
16524	WORTHINGTON Veja-Links, canned, unprepared	31.0	1.0 link	0.403
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	0.402
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	30.0	5.0 fl oz	0.402
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.401
43572	Popcorn, microwave, low fat and sodium	28.35	1.0 oz	0.401
25001	Snacks, popcorn, microwave, low fat	28.35	1.0 oz	0.401

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	28.35	1.0 oz	0.401
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	0.400
28390	PEPPERIDGE FARM, Light Style Wheat Bread	57.0	1.0 serving	0.399
14423	Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	243.0	1.0 serving	0.399
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	0.399
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	0.398
20111	Noodles, egg, spinach, enriched, dry	38.0	1.0 cup	0.398
16281	HOUSE FOODS Premium Firm Tofu	56.0	2.0 oz	0.398
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.397
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	0.396
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	37.0	1.0 packet	0.396
15204	Fish, pike, walleye, cooked, dry heat	124.0	1.0 fillet	0.396
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	0.395
15200	Fish, mackerel, king, cooked, dry heat	85.0	3.0 oz	0.395
16277	Vitasoy USA Azumaya, Firm Tofu	79.0	0.2 package	0.395
16271	Vitasoy USA Organic Nasoya, Soft Tofu	79.0	0.2 package	0.395
16213	Vitasoy USA, Organic Nasoya Firm Tofu	79.0	0.2 package	0.395
10854	HORMEL ALWAYS TENDER, Pork Loin Filets, Lemon Garlic-Flavored	28.0	1.0 oz	0.395
13353	Beef, cured, luncheon meat, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.395
08639	Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar	34.0	1.0 packet (1 NLEA serving)	0.394
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	0.394
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	0.394
06957	Gravy, brown instant, dry	6.7	1.0 serving	0.393
14422	Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	21.0	1.0 packet (.75 oz)	0.393
13321	Beef, variety meats and by-products, heart, raw	28.35	1.0 oz	0.392
08710	Cereals ready-to-eat, KELLOGG'S, SPECIAL K gluten free, touch of brown sugar	49.0	1.0 Cup (1 NLEA serving)	0.392
06013	Soup, chicken broth, canned, condensed	126.0	0.5 cup (4 fl oz)	0.391
06413	Soup, chicken broth, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.390
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	0.390
20124	Pasta, whole-wheat, dry	91.0	1.0 cup spaghetti	0.389
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	31.0	1.0 fl oz	0.389
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	31.0	1.0 fl oz	0.389
08707	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolate Almond	28.0	0.67 Cup (1 NLEA serving)	0.389
18453	Cake, yellow, light, dry mix	28.35	1.0 oz	0.388



NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	0.387
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.387
28395	PEPPERIDGE FARM, Whole Grain Honey Whole Wheat Bread	43.0	1.0 serving	0.387
28396	PEPPERIDGE FARM, Whole Grain Oatmeal Bread	43.0	1.0 serving	0.387
28380	PEPPERIDGE FARM, Whole Grain 15 Grain Bread	43.0	1.0 serving	0.387
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	0.387
43020	Salad dressing, blue or roquefort cheese, low calorie	15.0	1.0 tbsp	0.386
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	0.385
05115	Chicken, roasting, giblets, raw	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.385
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	0.385
21316	McDONALD'S, Tangy Honey Mustard Sauce	43.0	1.5 oz	0.385
06028	Soup, clam chowder, manhattan, canned, condensed	126.0	0.5 cup (4 fl oz)	0.384
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	0.384
15107	Fish, sucker, white, raw	85.0	3.0 oz	0.384
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	48.0	0.75 cup (1 NLEA serving)	0.384
16581	GARDENBURGER Flame Grilled Burger, frozen, unprepared	96.0	1.0 patty	0.384
08451	Cereals, QUAKER, Quick Oats with Iron, Dry	40.0	0.5 cup	0.384
28069	KEEBLER, CLUB, Reduced Fat Crackers	16.0	5.0 crackers	0.384
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	0.384
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed	31.0	1.0 fl oz	0.383
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.381
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	0.381
05626	Emu, full rump, raw	85.0	3.0 oz	0.381
27061	Gravy, HEINZ Home Style, classic chicken	58.0	0.25 cup	0.380
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	51.0	1.0 roll	0.380
25037	Snacks, pita chips, salted	28.35	1.0 oz	0.380
16609	MORNINGSTAR FARMS Breakfast Pattie, frozen, unprepared	38.0	1.0 pattie	0.380
16538	MORNINGSTAR FARMS Breakfast Pattie with Organic Soy, frozen, unprepared	38.0	1.0 Patty	0.380
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.380
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	0.380
08668	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Almonds	55.0	1.0 cup (1 NLEA serving)	0.379
16429	Tofu, fried, prepared with calcium sulfate	13.0	1.0 piece	0.379
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	30.5	1.0 fl oz	0.379
08124	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry	43.0	1.0 packet (1 NLEA serving)	0.378
28384	PEPPERIDGE FARM, Farmhouse Sourdough Bread	43.0	1.0 serving	0.378

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
06989	CAMPBELL'S HEALTHY REQUEST, Homestyle Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	0.378
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	0.377
19866	Candies, soft fruit and nut squares	42.0	3.0 pieces	0.377
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	26.0	1.0 scoop	0.377
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	0.377
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	0.377
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	0.376
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed	30.4	1.0 fl oz	0.376
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed	30.4	1.0 fl oz	0.376
15112	Fish, tilefish, raw	85.0	3.0 oz	0.375
16106	Meat extender	88.0	1.0 cup	0.373
01144	Egg substitute, powder	9.9	0.35 oz	0.373
09062	Cherimoya, raw	160.0	1.0 cup, pieces	0.373
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.372
21343	McDONALD'S, Low Fat Caramel Sauce	21.0	0.8 oz	0.372
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	249.0	1.0 serving 1 cup	0.371
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.371
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	0.371
18350	Rolls, hamburger or hotdog, plain	44.0	1.0 roll 1 serving	0.370
08417	Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry	41.0	1.0 packet (1 NLEA serving)	0.369
18134	Cake, sponge, prepared from recipe	28.35	1.0 oz	0.369
04634	Margarine-like, vegetable oil spread, 20% fat, without salt	12.8	1.0 tbsp	0.367
28375	VAN'S, Gluten Free, Totally Original Waffles	47.0	1.0 waffle	0.367
43112	Beans, chili, barbecue, ranch style, cooked	253.0	1.0 cup	0.367
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.366
03089	Babyfood, dinner, macaroni and cheese, strained	28.35	1.0 oz	0.366
13341	Beef, variety meats and by-products, tripe, raw	28.35	1.0 oz	0.366
17162	Game meat, caribou, raw	28.35	1.0 oz	0.366
20077	Wheat bran, crude	58.0	1.0 cup	0.365
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	245.0	1.0 cup	0.365
20138	Wheat, KAMUT khorasan, uncooked	186.0	1.0 cup	0.365
06119	Gravy, chicken, canned or bottled, ready-to-serve	57.0	0.25 cup	0.364
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	0.364
28144	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Reduced Fat	14.0	5.0 crackers	0.364
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.364

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
03010	Babyfood, meat, lamb, strained	22.0	1.0 tbsp	0.363
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.363
08661	Cereals ready-to-eat, KELLOGG'S CINNAMON JACKS	28.0	1.0 cup (1 NLEA serving)	0.361
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	0.361
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	0.360
18975	KASHI, TLC, Original 7-Grain Crackers	30.0	15.0 crackers	0.360
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	240.0	1.0 cup	0.360
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	30.5	1.0 fl oz	0.360
04015	Salad dressing, russian dressing	15.0	1.0 tbsp	0.359
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	0.358
11424	Pumpkin, canned, without salt	245.0	1.0 cup	0.358
11846	Pumpkin, canned, with salt	245.0	1.0 cup	0.358
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	0.357
20034	Oat bran, cooked	219.0	1.0 cup	0.357
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	99.0	1.0 bagel	0.356
08562	Cereals, KASHI GO LEAN Hot Cereal, Creamy TRULY VANILLA, dry	40.0	1.0 packet (1 NLEA serving)	0.356
11015	Asparagus, canned, drained solids	242.0	1.0 cup	0.356
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	30.5	1.0 fl oz	0.356
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	30.5	1.0 fl oz	0.356
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.355
22121	MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared	71.0	1.0 Burger	0.355
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	0.355
18616	MISSION FOODS, MISSION Flour Tortillas, Soft Taco, 8 inch	51.0	1.0 serving	0.354
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	0.354
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	26.0	1.0 scoop	0.354
28346	Waffles, gluten-free, frozen, ready-to-heat	45.0	1.0 waffle	0.351
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.349
18631	PILLSBURY, Crusty French Loaf, refrigerated dough	52.0	1.0 serving	0.348
08567	Cereals ready-to-eat, KASHI 7 Whole Grain Nuggets	58.0	0.5 cup (1 NLEA serving)	0.348
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	43.0	1.0 packet (1 NLEA serving)	0.347
18271	Ice cream cones, cake or wafer-type	28.35	1.0 oz	0.346
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	45.0	1.0 packet	0.346
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240.0	1.0 cup	0.346
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	0.345
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	0.345

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	0.345
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	0.345
20063	Rye flour, dark	128.0	1.0 cup	0.344
16171	Refried beans, canned, vegetarian	242.0	1.0 cup	0.344
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	169.0	1.0 cup spaghetti not packed	0.343
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	245.0	1.0 cup	0.343
22914	Pasta with tomato sauce, no meat, canned	252.0	1.0 serving (1 NLEA serving)	0.343
12011	Seeds, cottonseed meal, partially defatted (glandless)	28.35	1.0 oz	0.342
16593	MORNINGSTAR FARMS Hot and Spicy Veggie Sausage Patties, frozen, unprepared	38.0	1.0 patty	0.342
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	35.0	1.0 slice	0.342
03216	Babyfood, teething biscuits	28.35	1.0 oz	0.342
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	0.341
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	0.341
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	0.341
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	43.0	1.0 packet	0.341
05600	USDA Commodity, turkey ham, dark meat, smoked, frozen	28.35	1.0 oz	0.340
16507	LOMA LINDA Redi-Burger, canned, unprepared	85.0	1.0 slice , 5/8"	0.340
16514	WORTHINGTON Low Fat Fri Chik, canned, unprepared	85.0	2.0 pieces	0.340
06999	Gravy, CAMPBELL'S, chicken	56.0	0.25 cup	0.338
14196	Beverages, Cocoa mix, no sugar added, powder	19.0	1.0 envelope Alba (.675 oz)	0.338
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	56.0	1.0 cup (1 NLEA serving)	0.336
16615	MORNINGSTAR FARMS Chipotle Black Bean Crumbles, frozen, unprepared	56.0	0.5 cup	0.336
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	0.336
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	43.0	1.0 packet	0.335
03003	Babyfood, meat, beef, junior	28.35	1.0 oz	0.335
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	0.335
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.335
20129	Wheat flours, bread, unenriched	137.0	1.0 cup unsifted, dipped	0.334
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	0.334
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.334
03090	Babyfood, dinner, macaroni and cheese, junior	28.35	1.0 oz	0.333
18048	Bread, raisin, enriched, toasted	28.35	1.0 oz	0.333
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	0.333
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	0.333
20062	Rye grain	169.0	1.0 cup	0.333

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
15013	Fish, cisco, raw	79.0	1.0 fillet	0.333
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	0.332
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	68.0	0.5 cup	0.332
10110	Pork, fresh, variety meats and by-products, liver, raw	28.35	1.0 oz	0.332
17113	Veal, rib, separable lean only, raw	28.35	1.0 oz	0.332
06959	Gravy, instant turkey, dry	6.7	1.0 serving	0.330
20651	Rice, brown, parboiled, cooked, UNCLE BENS	155.0	1.0 cup	0.330
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	55.0	0.67 cup (1 NLEA serving)	0.330
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	55.0	1.25 cup (1 NLEA serving)	0.330
18982	KASHI, H2H Woven Wheat Cracker, Roasted Garlic	30.0	7.0 cracker	0.330
18979	KASHI, H2H Woven Wheat Cracker, Original	30.0	7.0 cracker	0.330
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	33.0	0.75 cup (1 NLEA serving)	0.330
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	30.0	1.0 cup (1 NLEA serving)	0.330
08002	Cereals ready-to-eat, POST, ALPHA-BITS	30.0	1.0 cup (1 NLEA serving for adults)	0.330
18981	KASHI, TLC, Fire Roasted Vegetable Crackers	30.0	15.0 crackers	0.330
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30.0	0.75 cup (1 NLEA serving)	0.330
05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	0.329
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	0.329
10103	Pork, fresh, variety meats and by-products, heart, raw	28.35	1.0 oz	0.329
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	0.328
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.328
05628	Emu, inside drum, raw	85.0	3.0 oz	0.328
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	0.328
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.327
16119	Soy meal, defatted, raw	122.0	1.0 cup	0.327
06958	Gravy, instant beef, dry	6.7	1.0 serving	0.327
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	7.0	18.0 piece	0.327
09322	Tamarinds, raw	120.0	1.0 cup, pulp	0.326
28255	KEEBLER, ZESTA, Export Sodas Crackers	14.0	3.0 crackers	0.326
11452	Soybeans, mature seeds, sprouted, raw	35.0	0.5 cup	0.325
20012	Bulgur, dry	140.0	1.0 cup	0.325
06963	Fish broth	244.0	1.0 cup	0.325
20325	Cornmeal, white, self-rising, degermed, enriched	138.0	1.0 cup	0.323
20025	Cornmeal, yellow, self-rising, degermed, enriched	138.0	1.0 cup	0.323
42278	Babyfood, vegetable and brown rice, strained	230.0	1.0 cup	0.322

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
20041	Rice, brown, medium-grain, cooked	195.0	1.0 cup	0.322
09144	Jackfruit, raw	165.0	1.0 cup, sliced	0.322
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	0.320
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	0.320
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	0.320
08561	Cereals, KASHI GO LEAN Hot Cereal, Hearty Honey & Cinnamon, dry	40.0	1.0 packet (1 NLEA serving)	0.320
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	0.320
20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	91.0	1.0 cup spaghetti	0.319
18170	Cookies, fig bars	28.35	1.0 oz	0.318
08642	Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar	31.0	1.0 packet (1 NLEA serving)	0.318
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	0.318
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	15.0	1.0 tbsp	0.317
06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	0.317
16085	Peas, green, split, mature seeds, raw	197.0	1.0 cup	0.317
15055	Fish, mullet, striped, raw	28.35	1.0 oz	0.316
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.316
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.316
18156	Cookies, fudge, cake-type (includes trolley cakes)	28.35	1.0 oz	0.315
28149	KEEBLER, TOWN HOUSE, FLATBREAD CRISPS, Sea Salt and Olive Oil Crackers	15.0	8.0 crackers	0.315
16546	MORNINGSTAR FARMS Breakfast Sausage Links, frozen, unprepared	45.0	2.0 links	0.315
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	0.315
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	0.314
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	0.314
06739	Soup, vegetable beef, canned, condensed, single brand	136.0	1.0 serving	0.314
03070	Babyfood, dinner, chicken soup, strained	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	0.314
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.313
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	30.5	1.0 fl oz	0.313
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.313
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	0.312
11386	Potatoes, scalloped, dry mix, unprepared	26.0	0.167 package (5.5 oz)	0.312
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	0.312
03016	Babyfood, meat, turkey, junior	19.0	1.0 tbsp	0.312
04675	Margarine-like spread, SMART BEAT Super Light without saturated fat	14.0	1.0 tablespoon	0.311
04631	Margarine-like, vegetable oil spread, fat-free, tub	14.6	1.0 tbsp	0.311
15102	Fish, snapper, mixed species, cooked, dry heat	85.0	3.0 oz	0.310

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	0.310
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	0.310
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	0.309
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	0.309
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	0.309
15049	Fish, mackerel, king, raw	85.0	3.0 oz	0.309
18283	Muffins, oat bran	28.35	1.0 oz	0.308
20050	Rice, white, medium-grain, raw, enriched	195.0	1.0 cup	0.308
20450	Rice, white, medium-grain, raw, unenriched	195.0	1.0 cup	0.308
28378	PEPPERIDGE FARM, Cinnamon Swirl Bread	28.0	1.0 serving	0.308
28379	PEPPERIDGE FARM, Raisin Cinnamon Swirl Bread	28.0	1.0 serving	0.308
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22.0	1.0 serving	0.308
19382	Candies, taffy, prepared-from-recipe	15.0	1.0 piece	0.307
90560	Mollusks, snail, raw	85.0	3.0 oz	0.307
18047	Bread, raisin, enriched	28.35	1.0 oz	0.306
18414	Bread, raisin, unenriched	28.35	1.0 oz	0.306
05705	Turkey, whole, meat only, with added solution, roasted	28.0	3.0 oz	0.306
15098	Fish, sheephead, cooked, dry heat	85.0	3.0 oz	0.306
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	30.5	1.0 fl oz	0.305
20091	Pasta, gluten-free, corn, dry	105.0	1.0 cup	0.304
03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	0.304
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	0.304
17193	Veal, variety meats and by-products, heart, raw	28.35	1.0 oz	0.303
08449	Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.302
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	0.302
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	0.302
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	0.302
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	0.301
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	0.301
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	233.0	1.0 cup	0.301
17276	Veal, shank (fore and hind), separable lean and fat, raw	28.35	1.0 oz	0.301
28143	KEEBLER, TOWN HOUSE, Reduced Fat Crackers	15.0	6.0 crackers	0.300
08679	Cereals ready-to-eat, GENERAL MILLS, FROSTED TOAST CRUNCH	30.0	0.75 cup (1 NLEA serving)	0.300
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	12.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.300
16161	MORI-NU, Tofu, silken, soft	84.0	1.0 slice	0.300

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
42171	Salad dressing, french dressing, reduced calorie	16.0	1.0 tbsp	0.300
20032	Millet, cooked	174.0	1.0 cup	0.299
06528	Soup, chicken noodle, dry, mix, prepared with water	245.0	1.0 cup	0.299
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	28.35	1.0 oz	0.299
43285	Eggs, scrambled, frozen mixture	28.35	1.0 oz	0.298
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0.298
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.298
16346	Beans, small white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0.297
16046	Beans, small white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0.297
18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	0.297
03214	Babyfood, cookies, arrowroot	28.35	1.0 oz	0.297
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	27.0	0.75 cup (1 NLEA serving)	0.297
08450	Cereals, QUAKER, Instant Grits, Ham 'n' Cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.297
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	30.4	1.0 fl oz	0.296
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	160.0	1.0 cup	0.296
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	1.0 serving (3.5 oz)	0.296
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	0.296
16069	Lentils, raw	192.0	1.0 cup	0.296
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	0.295
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	0.295
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	0.295
10106	Pork, fresh, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.295
20653	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry	91.0	1.0 cup spaghetti	0.295
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	0.294
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.294
08590	Cereals ready-to-eat, KASHI HEART TO HEART, Warm Cinnamon	33.0	0.75 cup (1 NLEA serving)	0.294
09299	Raisins, seeded	165.0	1.0 cup, packed	0.294
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	0.293
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	0.292
17214	Lamb, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.292
11676	Radish seeds, sprouted, raw	38.0	1.0 cup	0.291
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.291
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15.0	1.0 container, individual	0.291
06740	Soup, chicken vegetable, chunky, reduced fat, reduced sodium, ready-to-serve, single brand	240.0	1.0 serving	0.290
06152	Sauce, pizza, canned, ready-to-serve	63.0	0.25 cup	0.290



NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241.0	1.0 cup	0.289
15054	Fish, monkfish, raw	85.0	3.0 oz	0.289
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	247.0	1.0 cup	0.289
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	30.0	1.0 cup	0.288
19201	Puddings, vanilla, ready-to-eat	28.35	1.0 oz	0.288
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	0.288
28386	PEPPERIDGE FARM, Pumpernickel Bread	32.0	1.0 serving	0.288
28388	PEPPERIDGE FARM, Deli Swirl Bread	32.0	1.0 serving	0.288
28385	PEPPERIDGE FARM, Jewish Rye Bread (Seedless)	32.0	1.0 serving	0.288
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	132.0	1.0 serving 1/2 cup	0.288
06124	Gravy, pork, dry, powder	6.7	1.0 serving	0.287
14083	Beverages, chocolate malt, powder, prepared with fat free milk	256.0	1.0 serving	0.287
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	0.287
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	0.286
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	57.0	1.0 cup (1 NLEA serving)	0.285
07905	Frankfurter, beef, pork, and turkey, fat free	57.0	1.0 frank 1 NLEA serving	0.285
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.285
08352	Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal	32.0	0.75 cup (1 NLEA serving)	0.285
20125	Pasta, whole-wheat, cooked	117.0	1.0 cup spaghetti not packed	0.284
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	192.0	1.0 cup	0.284
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	192.0	1.0 cup	0.284
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	0.284
16570	GARDENBURGER Black Bean Chipotle Burger, frozen, unprepared	71.0	1.0 patty	0.284
16586	GARDENBURGER Veggie Medley Burger, frozen, unprepared	71.0	1.0 patty	0.284
43212	Bacon bits, meatless	7.0	1.0 tbsp	0.284
12175	Nuts, chestnuts, japanese, dried	155.0	1.0 cup	0.284
13333	Beef, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.284
17195	Lamb, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.284
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	0.283
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup ( 1 NLEA serving)	0.283
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0.282
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.282
08144	Cereals, whole wheat hot natural cereal, dry	94.0	1.0 cup	0.282
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	44.0	1.0 packet	0.281
17158	Game meat, boar, wild, raw	28.35	1.0 oz	0.281

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
18065	Bread, wheat, toasted	28.35	1.0 oz	0.280
20052	Rice, white, short-grain, enriched, uncooked	200.0	1.0 cup	0.280
20452	Rice, white, short-grain, raw, unenriched	200.0	1.0 cup	0.280
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	28.0	1.0 bowl (3/4 cup) (1 NLEA serving)	0.280
09530	Fruit juice smoothie, ODWALLA, strawberry banana	233.0	1.0 cup	0.280
09428	Rowal, raw	114.0	0.5 cup	0.279
28020	KASHI, TLC, Pita Crisps, Zesty Salsa	31.0	11.0 crisps	0.279
28017	KASHI, TLC, Pita Crisps, Sea Salt	31.0	11.0 crisps	0.279
15123	Fish, tuna, fresh, skipjack, raw	85.0	3.0 oz	0.279
18339	Popovers, dry mix, enriched	28.35	1.0 oz	0.279
18447	Popovers, dry mix, unenriched	28.35	1.0 oz	0.279
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0.278
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0.278
25043	Snacks, candy bits, yogurt covered with vitamin C	20.0	1.0 package	0.278
20136	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked	116.0	1.0 cup spaghetti not packed	0.277
19269	Snacks, GENERAL MILLS, BETTY CROCKER Fruit Roll Ups, berry flavored, with vitamin C	28.0	2.0 rolls	0.277
32018	Spanish rice mix, dry mix, unprepared	70.0	0.5 cup	0.276
21313	McDONALD'S, Hot Mustard Sauce	28.0	1.0 package	0.276
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	0.276
16516	WORTHINGTON Multigrain Cutlets, canned, unprepared	92.0	2.0 slices	0.276
19102	Candies, fudge, peanut butter, prepared-from-recipe	16.0	1.0 piece	0.275
16565	MORNINGSTAR FARMS Sausage Style Recipe Crumbles, frozen, unprepared	55.0	0.667 cup	0.275
08677	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS Touch of Fruit in the Middle, Raspberry	55.0	24.0 biscuits (1 NLEA serving)	0.275
08384	Cereals ready-to-eat, KELLOGG, KELLOGG'S MINI-WHEATS, unfrosted bite size	55.0	30.0 biscuits (1 NLEA serving)	0.275
16523	WORTHINGTON Vegetarian Burger, canned, unprepared	55.0	0.25 cup	0.275
16214	Vitasoy USA, Organic Nasoya Silken Tofu	91.0	0.2 package	0.273
16278	Vitasoy USA Azumaya, Silken Tofu	91.0	0.2 package	0.273
43218	Cereals ready-to-eat, ALPEN	55.0	0.67 cup (1 NLEA serving)	0.273
19218	Puddings, tapioca, ready-to-eat	28.35	1.0 oz	0.273
18349	Rolls, french	28.35	1.0 oz	0.273
10112	Pork, fresh, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.272
17197	Veal, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.272
15059	Fish, pout, ocean, raw	85.0	3.0 oz	0.272
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	0.271
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	0.271

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
08681	Cereals ready-to-eat, CASCADIAN FARM, Cinnamon Crunch	27.0	0.75 cup (1 NLEA serving)	0.270
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	27.0	0.75 cup (1 NLEA serving)	0.270
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	27.0	0.75 cup (1 NLEA serving)	0.270
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	27.0	0.75 cup (1 NLEA serving)	0.270
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	27.0	0.75 cup (1 NLEA serving)	0.270
08671	Cereals ready-to-eat, GENERAL MILLS, Dulce De Leche CHEERIOS	27.0	0.75 cup (1 NLEA serving)	0.270
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	27.0	0.75 cup (1 NLEA serving)	0.270
18974	KASHI, TLC, Honey Sesame Crackers	30.0	15.0 cracker	0.270
08305	Cereals ready-to-eat, Post, Waffle Crisp	30.0	1.0 cup (1 NLEA serving)	0.270
17164	Game meat, deer, raw	28.35	1.0 oz	0.269
18629	PILLSBURY, Buttermilk Biscuits, Artificial Flavor, refrigerated dough	64.0	1.0 biscuit	0.269
16279	HOUSE FOODS Premium Soft Tofu	56.0	2.0 oz	0.269
42141	Cream substitute, liquid, light	30.0	1.0 fl oz	0.269
18036	Bread, multi-grain, toasted (includes whole-grain)	28.35	1.0 oz	0.269
11497	Succotash, (corn and limas), canned, with cream style corn	266.0	1.0 cup	0.269
16588	MORNINGSTAR FARMS Chik'n Grill Veggie Patties, frozen, unprepared	67.0	1.0 patty	0.268
16601	MORNINGSTAR FARMS Grillers Chik'n Veggie Patties, frozen, unprepared	67.0	1.0 patty	0.268
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30.0	0.75 cup (1 NLEA serving)	0.267
08669	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares	30.0	0.75 cup (1 NLEA serving)	0.267
01275	Yogurt, Greek, nonfat, vanilla, CHOBANI	150.0	5.3 oz	0.267
08670	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH	30.0	0.75 cup (1 NLEA serving)	0.267
14538	Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A	15.0	1.0 envelope Swiss Miss (.53 oz)	0.267
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	0.266
13350	Beef, cured, dried	28.0	10.0 slices	0.266
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32.0	0.75 cup (1 NLEA serving)	0.266
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	53.0	1.0 cup (1 NLEA serving)	0.265
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	0.265
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	0.264
06008	Soup, beef broth or bouillon canned, ready-to-serve	240.0	1.0 cup	0.264
31025	Sweet Potato puffs, frozen, unprepared	85.0	3.0 oz	0.264
15179	Fish, salmon, chinook, smoked, (lox), regular	28.35	1.0 oz	0.263
15077	Fish, salmon, chinook, smoked	28.35	1.0 oz, boneless	0.263
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	0.263
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	0.262

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	0.262
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	0.261
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	0.261
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	0.261
43449	Beans, baked, canned, no salt added	253.0	1.0 cup	0.261
18346	Rolls, dinner, rye	43.0	1.0 large (approx 3-1/2" to 4" dia)	0.260
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	43.0	1.0 packet (1 NLEA serving)	0.260
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	30.4	1.0 fl oz	0.260
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	0.260
18025	Bread, cracked-wheat	28.35	1.0 oz	0.260
08074	Cereals ready-to-eat, RALSTON TASTEEOS	28.0	1.0 cup (1 NLEA serving)	0.259
11501	Succotash, (corn and limas), frozen, unprepared	156.0	1.0 cup	0.259
06045	Soup, onion, canned, condensed	123.0	0.5 cup (4 fl oz)	0.258
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	29.0	1.0 cup (1 NLEA serving)	0.258
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	0.258
01194	KRAFT BREAKSTONE'S FREE Fat Free Sour Cream	32.0	2.0 tbsp	0.256
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	32.0	0.75 cup (1 NLEA serving)	0.256
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	28.35	1.0 oz	0.255
08365	Cereals ready-to-eat, QUAKER, Shredded Wheat, bagged cereal	63.0	3.0 biscuits (1 NLEA serving)	0.255
16274	Vitasoy USA Organic Nasoya, Tofu Plus Firm	85.0	3.0 oz	0.255
15231	Mollusks, oyster, Pacific, cooked, moist heat	25.0	1.0 medium	0.255
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	0.255
16502	LOMA LINDA Low Fat Big Franks, canned, unprepared	51.0	1.0 link	0.255
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.255
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.255
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	0.254
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	59.0	1.25 cup (1 NLEA serving)	0.254
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	16.0	1.0 tbsp	0.253
21422	KFC, Popcorn Chicken	6.4	1.0 piece	0.253
18432	Bread, white, commercially prepared, toasted, low sodium no salt	28.35	1.0 oz	0.253
11432	Radishes, oriental, dried	116.0	1.0 cup	0.253
09334	Feijoa, raw	243.0	1.0 cup, pureed	0.253
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	166.0	1.0 cup spaghetti packed	0.252
17205	Lamb, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.252
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	0.252

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	0.252
16163	MORI-NU, Tofu, silken, extra firm	84.0	1.0 slice	0.252
09040	Bananas, raw	225.0	1.0 cup, mashed	0.252
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.251
20466	Semolina, unenriched	167.0	1.0 cup	0.250
20066	Semolina, enriched	167.0	1.0 cup	0.250
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	0.250
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	0.250
22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	50.0	0.5 cup	0.250
14066	Beverages, Protein powder whey based	32.0	0.33 cup	0.250
04686	Salad dressing, honey mustard dressing, reduced calorie	30.0	2.0 tbsp (1 serving)	0.250
20088	Wild rice, raw	160.0	1.0 cup	0.250
08682	Cereals ready-to-eat, GENERAL MILLS, Multi Grain CHEERIOS, Peanut Butter	28.0	0.75 cup (1 NLEA serving)	0.249
09297	Raisins, golden seedless	165.0	1.0 cup, packed	0.249
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	0.248
08711	Cereals ready-to-eat, KELLOGG'S, SPECIAL K protein, cinnamon brown sugar crunch	31.0	0.75 Cup (1 NLEA serving)	0.248
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.248
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.248
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.248
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	0.248
28397	Bread, multi-grain (includes whole-grain)	28.35	1.0 oz	0.247
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	85.0	3.0 oz	0.246
17173	Game meat, moose, cooked, roasted	85.0	3.0 oz	0.246
08549	Cereals ready-to-eat, QUAKER, QUAKER Honey Graham LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	0.246
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32.0	0.75 cup (1 NLEA serving)	0.246
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	0.246
11525	Taro, tahitian, raw	125.0	1.0 cup slices	0.246
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	0.246
13323	Beef, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.246
05227	Turkey, wing, from whole bird, meat only, raw	85.0	3.0 oz	0.246
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	0.246
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	0.246
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	0.245
08628	Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	0.245
01199	Cream, half and half, fat free	29.0	2.0 tbsp	0.244

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.244
13328	Beef, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.244
10117	Pork, fresh, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.244
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	28.35	1.0 oz	0.242
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	0.242
19433	Tortilla chips, low fat, baked without fat	28.35	1.0 oz	0.241
19833	Snacks, tortilla chips, low fat, unsalted	28.35	1.0 oz	0.241
08493	Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	33.0	1.0 cup (1 NLEA serving)	0.241
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	0.241
28282	SUNSHINE, KRISPY, Soup & Oyster Crackers (large)	15.0	16.0 crackers	0.240
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	30.0	1.0 cup (1 NLEA serving)	0.240
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	0.240
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.239
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	0.239
06969	Potato soup, instant, dry mix	39.0	1.0 serving 1/3 cup	0.239
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	0.239
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	227.0	1.0 cup	0.238
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	0.238
12099	Nuts, chestnuts, european, dried, unpeeled	28.35	1.0 oz	0.237
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	0.237
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	59.0	1.0 cup (1 NLEA serving)	0.236
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.236
16083	Mungo beans, mature seeds, raw	207.0	1.0 cup	0.236
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.236
16130	Okara	122.0	1.0 cup	0.235
08685	Cereals ready-to-eat, QUAKER WHOLE HEARTS oat cereal	28.0	0.75 cup (1 NLEA serving)	0.235
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	255.0	1.0 cup	0.235
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	0.234
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	0.234
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	0.234
06120	Gravy, chicken, dry	8.0	1.0 tbsp	0.234
43046	Candies, nougat, with almonds	14.0	1.0 piece	0.233
20097	Pasta, homemade, made with egg, cooked	57.0	2.0 oz	0.233
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.233
08366	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular	14.0	2.0 tbsp (1 NLEA serving)	0.232

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	58.0	7.0 biscuit (1 NLEA serving)	0.232
08696	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN, Cinnamon Almond	58.0	1.25 cup (1 NLEA serving)	0.232
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	0.231
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	48.0	0.25 cup	0.231
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	0.231
28374	VAN'S, Gluten Free, Totally Original Pancakes	48.0	1.0 pancake	0.230
28347	Pancakes, gluten-free, frozen, ready-to-heat	48.0	1.0 pancake	0.230
11955	Tomatoes, sun-dried	54.0	1.0 cup	0.230
42279	Babyfood, peas and brown rice	230.0	1.0 cup	0.230
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	0.230
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	85.0	1.0 package (3 oz)	0.230
35234	Piki bread, made from blue cornmeal (Hopi)	28.0	1.0 piece	0.229
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	231.0	1.0 cup	0.229
17218	Veal, variety meats and by-products, thymus, raw	28.35	1.0 oz	0.229
06985	Gravy, HEINZ Home Style, savory beef	57.0	1.0 serving 1/4 cup 2 oz	0.228
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	0.227
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	0.227
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	0.226
18077	Bread, whole-wheat, prepared from recipe	28.35	1.0 oz	0.226
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	0.225
18567	KRAFT, STOVE TOP Stuffing Mix Chicken Flavor	28.0	1.0 NLEA serving (makes 1/2 cup prepared)	0.224
08666	Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHEERIOS	32.0	1.0 cup (1 NLEA serving)	0.224
17207	Veal, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.224
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	0.223
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	0.223
20087	Wheat, sprouted	108.0	1.0 cup	0.222
17137	Veal, sirloin, separable lean only, raw	28.35	1.0 oz	0.221
08182	Cereals, WHEATENA, cooked with water, with salt	243.0	1.0 cup	0.221
18066	Bread, wheat bran	28.35	1.0 oz	0.221
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	0.221
18064	Bread, wheat	28.35	1.0 oz	0.220
08708	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Touch of Fruit in the Middle, raisin	55.0	24.0 Biscuits (1 NLEA serving)	0.220
08542	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS Bite Size Strawberry Delight	55.0	25.0 biscuits (1 NLEA serving)	0.220
08459	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size	55.0	25.0 biscuits (1 NLEA serving)	0.220
08591	Cereals ready-to-eat, KASHI ORGANIC PROMISE, ISLAND VANILLA	55.0	27.0 biscuits (1 NLEA serving)	0.220

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	55.0	1.0 cup (1 NLEA serving)	0.220
08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	0.220
08617	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Blueberry Muffin	55.0	25.0 biscuits (1 NLEA serving)	0.220
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	32.0	1.0 cup (1 NLEA serving)	0.220
16379	Mothbeans, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.219
16079	Mothbeans, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.219
18384	Bread, rice bran, toasted	28.35	1.0 oz	0.219
20421	Pasta, cooked, unenriched, without added salt	124.0	1.0 cup spaghetti not packed	0.218
20521	Pasta, cooked, unenriched, with added salt	124.0	1.0 cup spaghetti not packed	0.218
20121	Pasta, cooked, enriched, without added salt	124.0	1.0 cup spaghetti not packed	0.218
20321	Pasta, cooked, enriched, with added salt	124.0	1.0 cup spaghetti not packed	0.218
22998	Rice and vermicelli mix, chicken flavor, unprepared	56.0	0.333 cup	0.218
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	128.0	1.0 serving 1/2 cup	0.218
18038	Bread, oat bran, toasted	28.35	1.0 oz	0.217
16515	WORTHINGTON Low Fat Veja-Links, canned, unprepared	31.0	1.0 link	0.217
15199	Fish, lingcod, cooked, dry heat	85.0	3.0 oz	0.217
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	0.217
18040	Bread, oatmeal, toasted	28.35	1.0 oz	0.217
03206	Babyfood, cookie, baby, fruit	8.0	1.0 cookie	0.216
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	54.0	21.0 biscuits (1 NLEA serving)	0.216
19092	Candies, TWIZZLERS NIBS CHERRY BITS	40.0	27.0 pieces	0.216
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	30.0	1.0 cup	0.216
16158	Hummus, commercial	15.0	1.0 tbsp	0.216
20018	Corn flour, yellow, degermed, unenriched	126.0	1.0 cup	0.215
16172	Refried beans, canned, fat-free	231.0	1.0 cup	0.215
09094	Figs, dried, uncooked	149.0	1.0 cup	0.215
18242	Croutons, plain	14.2	0.5 oz	0.214
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	0.214
43135	Sandwich spread, meatless	15.0	1.0 tbsp	0.214
16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	0.213
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	0.213
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	28.35	1.0 oz	0.213
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	0.213
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	28.35	1.0 oz	0.213
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	28.35	1.0 oz	0.213



NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.212
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	53.0	1.0 cup (1 NLEA serving)	0.212
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	53.0	1.0 cup (1 NLEA serving)	0.212
15064	Fish, pike, walleye, raw	85.0	3.0 oz	0.212
09277	Plantains, raw	148.0	1.0 cup, sliced	0.212
20657	Pasta, gluten-free, corn and rice flour, cooked	141.0	1.0 cup spaghetti	0.212
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	0.212
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.211
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.211
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	30.0	0.75 cup (1 NLEA serving)	0.210
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	7.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.210
28284	KEEBLER, ZESTA, Saltines with Whole Wheat	15.0	5.0 crackers	0.210
17144	Game meat, antelope, raw	28.35	1.0 oz	0.210
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	228.0	1.0 cup	0.210
17278	Veal, shank (fore and hind), separable lean only, raw	28.35	1.0 oz	0.209
18385	Bread, wheat germ, toasted	28.35	1.0 oz	0.209
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	0.209
12100	Nuts, chestnuts, european, dried, peeled	28.35	1.0 oz	0.209
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	52.0	1.0 cup (1 NLEA serving)	0.208
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	26.0	0.75 cup (1 NLEA serving)	0.208
08393	Cereals ready-to-eat, KASHI GOLEAN	52.0	1.0 cup (1 NLEA serving)	0.208
19274	Snacks, fruit leather, pieces, with vitamin C	21.0	1.0 serving	0.208
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	0.208
17216	Veal, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.207
19891	Frozen novelties, No Sugar Added CREAMSICLE Pops	44.0	1.0 serving 1 pop	0.207
12158	Seeds, breadfruit seeds, roasted	28.35	1.0 oz	0.207
20054	Rice, white, glutinous, unenriched, uncooked	185.0	1.0 cup	0.205
07209	OSCAR MAYER, Chicken Breast (honey glazed)	52.0	1.0 serving (4 slices)	0.205
15194	Fish, mahimahi, cooked, dry heat	85.0	3.0 oz	0.205
08705	Cereals ready-to-eat, KASHI GOLEAN Vanilla Graham Clusters	51.0	1.0 Cup (1 NLEA serving)	0.204
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	0.204
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	15.0	1.0 tbsp	0.203
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	29.0	0.75 cup (1 NLEA serving)	0.203
20030	Hominy, canned, white	165.0	1.0 cup	0.203
18069	Bread, white, commercially prepared (includes soft bread crumbs)	29.0	1.0 slice	0.202

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
14181	Beverages, chocolate syrup	39.0	1.0 serving 2 tbsp	0.202
20028	Couscous, dry	173.0	1.0 cup	0.202
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	170.0	1.0 container (6 oz)	0.202
43261	Yogurt, fruit variety, nonfat	170.0	1.0 container (6 oz)	0.202
15154	Crustaceans, spiny lobster, mixed species, raw	85.0	3.0 oz	0.201
17168	Goat, raw	28.35	1.0 oz	0.201
18059	Bread, rice bran	28.35	1.0 oz	0.201
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	85.0	3.0 oz	0.201
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	168.0	1.0 cup	0.200
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	168.0	1.0 cup	0.200
01286	Yogurt, Greek, vanilla, nonfat	150.0	1.0 container (5.3 oz)	0.200
18039	Bread, oatmeal	28.35	1.0 oz	0.199
06118	Gravy, brown, dry	6.0	1.0 tbsp	0.199
01256	Yogurt, Greek, plain, nonfat	170.0	1.0 container	0.199
15184	Fish, tuna, light, canned in water, without salt, drained solids	85.0	3.0 oz	0.199
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.198
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.198
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	0.198
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	33.0	1.25 cup (1 NLEA serving)	0.198
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0.198
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0.198
18037	Bread, oat bran	28.35	1.0 oz	0.198
03067	Babyfood, dinner, vegetables and lamb, junior	28.35	1.0 oz	0.197
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.197
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	58.0	0.5 cup (1 NLEA serving)	0.197
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	170.0	1.0 container (6 oz)	0.197
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	0.197
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	0.197
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	256.0	1.0 cup	0.197
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	0.197
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup	0.197
20330	Hominy, canned, yellow	160.0	1.0 cup	0.197
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	49.0	1.0 cup (1 NLEA serving)	0.196
17180	Game meat, rabbit, wild, raw	28.35	1.0 oz	0.196

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
17156	Game meat, bison, separable lean only, raw	28.35	1.0 oz	0.196
18224	Crackers, rusk toast	14.2	0.5 oz	0.195
18061	Bread, rye, toasted	28.35	1.0 oz	0.195
28283	KEEBLER, ZESTA, Saltines, Original	15.0	5.0 crackers	0.195
01113	Whey, acid, dried	57.0	1.0 cup	0.195
16051	Beans, white, mature seeds, canned	262.0	1.0 cup	0.194
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	0.194
20081	Wheat flour, white, all-purpose, enriched, bleached	125.0	1.0 cup	0.194
20581	Wheat flour, white, all-purpose, enriched, unbleached	125.0	1.0 cup	0.194
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	0.194
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	28.0	0.75 cup (1 NLEA serving)	0.193
11184	Corn with red and green peppers, canned, solids and liquids	227.0	1.0 cup	0.193
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	0.193
35236	Stew, pinto bean and hominy, badufsuki (Hopi)	227.0	8.0 oz	0.193
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	0.193
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	0.193
20082	Wheat flour, white, all-purpose, self-rising, enriched	125.0	1.0 cup	0.192
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	194.0	1.0 cup	0.192
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	194.0	1.0 cup	0.192
20094	Pasta, fresh-refrigerated, plain, cooked	128.0	2.0 oz	0.192
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	0.192
08706	Cereals ready-to-eat, KELLOGG SCOOPY-DOO! cereal	32.0	1.0 Cup (1 NLEA serving)	0.192
28391	PEPPERIDGE FARM, Seeded Jewish Rye Bread	32.0	1.0 serving	0.192
09442	Pomegranate juice, bottled	249.0	1.0 cup	0.192
27068	Dip, FRITO'S, bean, original flavor	36.0	2.0 tbsp	0.190
27065	Dip, bean, original flavor	36.0	2.0 tbsp	0.190
11526	Taro, tahitian, cooked, without salt	137.0	1.0 cup slices	0.190
11881	Taro, tahitian, cooked, with salt	137.0	1.0 cup slices	0.190
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	14.0	2.0 tbsp (1 NLEA serving)	0.190
43146	Eggplant, pickled	136.0	1.0 cup	0.190
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	0.190
11961	Hearts of palm, canned	146.0	1.0 cup	0.190
18171	Cookies, fortune	28.35	1.0 oz	0.190
16228	Soymilk, original and vanilla, light, unsweetened, with added calcium, vitamins A and D	243.0	1.0 cup	0.190
11683	Carrot, dehydrated	74.0	1.0 cup	0.189

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	0.189
15006	Fish, burbot, raw	116.0	1.0 fillet	0.189
08676	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS	30.0	1.0 cup (1 NLEA serving)	0.189
15139	Crustaceans, crab, blue, raw	85.0	3.0 oz	0.189
06964	Soup, tomato, low sodium, with water	248.0	1.0 serving 1 cup	0.188
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0.188
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0.188
09164	Litchis, raw	190.0	1.0 cup	0.188
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0.188
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0.188
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	0.188
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	47.0	0.75 cup (1 NLEA serving)	0.188
06956	Soup, tomato, canned, condensed, reduced sodium	121.0	1.0 serving 1/2 cup	0.188
04640	Salad dressing, ranch dressing, reduced fat	15.0	1.0 tablespoon	0.188
43215	Salad dressing, buttermilk, lite	15.0	1.0 tablespoon	0.188
43131	Luncheon slices, meatless	14.0	1.0 slice, thin	0.187
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	253.0	1.0 cup	0.187
16021	Beans, cranberry (roman), mature seeds, canned	260.0	1.0 cup	0.187
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	57.0	2.0 oz	0.187
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.186
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	27.0	0.75 cup (1 NLEA serving)	0.186
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	30.0	0.75 cup (1 NLEA serving)	0.186
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	30.0	0.75 cup (1 NLEA serving)	0.186
08675	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & almonds	30.0	0.75 cup (1 NLEA serving)	0.186
08662	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries	31.0	0.75 cup (1 NLEA serving)	0.186
08615	Cereals ready-to-eat, KELLOGG'S CRUNCHY NUT Golden Honey Nut flakes	31.0	0.75 cup (1 NLEA serving)	0.186
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	0.185
06217	Soup, vegetable, canned, low sodium, condensed	126.0	0.5 cup	0.185
17125	Veal, shoulder, arm, separable lean only, raw	28.35	1.0 oz	0.184
19013	Snacks, fruit leather, pieces	28.35	1.0 oz	0.184
21387	BURGER KING, Hash Brown Rounds	5.6	1.0 piece	0.184
20064	Rye flour, medium	102.0	1.0 cup	0.184
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	85.0	3.0 oz	0.184
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	0.184
18227	Crackers, rye, wafers, seasoned	14.2	0.5 oz	0.183

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
08143	Cereals, WHEATENA, cooked with water	243.0	1.0 cup	0.182
16272	Vitasoy USA Nasoya, Lite Silken Tofu	91.0	0.2 package	0.182
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	0.180
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30.0	0.75 cup (1 NLEA serving)	0.180
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	0.180
08665	Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	30.0	0.75 cup (1 NLEA serving)	0.180
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	40.0	0.5 cup (1 NLEA serving)	0.180
08595	Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX	30.0	0.75 cup (1 NLEA serving)	0.180
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	0.180
08610	Cereals ready-to-eat, KASHI Honey Sunshine	30.0	0.75 cup (1 NLEA serving)	0.180
08684	Cereals ready-to-eat, CASCADIAN FARM, Honey Nut O's	30.0	1.0 cup (1 NLEA serving)	0.180
18621	NABISCO, NABISCO RITZ Crackers	3.3	1.0 cracker	0.180
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	0.179
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	0.179
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.178
15137	Crustaceans, crab, alaska king, cooked, moist heat	134.0	1.0 leg	0.178
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	0.178
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	0.178
18060	Bread, rye	28.35	1.0 oz	0.177
08712	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN with cranberries	59.0	1.25 Cups (1 NLEA serving)	0.177
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	33.0	1.25 cup (1 NLEA serving)	0.177
18967	Bread, white wheat	28.0	1.0 slice	0.176
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	28.0	1.0 slice	0.176
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	28.0	1.0 slice	0.176
12003	Seeds, breadfruit seeds, boiled	28.35	1.0 oz	0.176
03072	Babyfood, dinner, chicken stew, toddler	16.0	1.0 tbsp	0.176
19710	Puddings, vanilla, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.176
04142	Salad dressing, french dressing, reduced fat, without salt	16.0	1.0 tablespoon	0.176
18639	GEORGE WESTON BAKERIES, Thomas English Muffins	57.0	1.0 serving	0.176
11426	Pumpkin pie mix, canned	270.0	1.0 cup	0.176
18345	Rolls, dinner, oat bran	28.35	1.0 oz	0.175
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.175
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.175
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.175
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.175

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	0.175
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	0.175
19220	Desserts, rennin, chocolate, dry mix	9.0	1.0 tbsp	0.175
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	0.174
16112	Miso	17.0	1.0 tbsp	0.174
20084	Wheat flour, white, cake, enriched	137.0	1.0 cup unsifted, dipped	0.174
03002	Babyfood, meat, beef, strained	14.7	1.0 tbsp	0.173
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	0.173
15030	Fish, gefiltefish, commercial, sweet recipe	42.0	1.0 piece	0.173
03198	Babyfood, cereal, with egg yolks, junior	28.35	1.0 oz	0.173
03197	Babyfood, cereal, with egg yolks, strained	28.35	1.0 oz	0.173
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.173
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.173
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	27.0	0.75 cup	0.173
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	0.173
08142	Cereals, WHEATENA, dry	40.0	0.33 cup (1 NLEA serving)	0.172
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	0.172
16137	Hummus, home prepared	15.0	1.0 tablespoon	0.171
11390	Potatoes, hash brown, frozen, plain, unprepared	105.0	0.5 cup	0.171
05623	Emu, fan fillet, raw	85.0	1.0 serving ( 3 oz )	0.171
01223	Protein supplement, milk based, Muscle Milk, powder	11.0	1.0 tbsp	0.171
06159	Soup, tomato, canned, condensed	148.0	1.0 cup	0.170
03005	Babyfood, meat, veal, strained	16.0	1.0 tbsp	0.170
16521	WORTHINGTON Vegetable Skallops, canned, unprepared	85.0	0.5 cup	0.170
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.170
18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	0.170
08476	Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS	29.0	1.333 cup	0.170
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	0.170
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	0.170
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	0.169
08695	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, little bites	56.0	1.0 Cup (1 NLEA serving)	0.168
42237	Cereals ready-to-eat, WEETABIX whole grain cereal	35.0	2.0 biscuits (1 NLEA serving)	0.168
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	28.0	0.75 cup (1 NLEA serving)	0.168
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX	28.0	1.0 cup	0.168
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	78.0	1.0 roll	0.168

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
28368	SCHAR, Gluten-Free, Classic White Rolls	78.0	1.0 roll	0.168
08452	Cereals, QUAKER, Whole Wheat Natural Cereal, dry	40.0	0.5 cup	0.168
15045	Fish, lingcod, raw	85.0	3.0 oz	0.167
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	0.167
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	0.167
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	0.167
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	0.166
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	219.0	1.0 cup	0.166
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	0.166
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	0.166
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	0.166
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	0.166
01280	Yogurt, Greek, nonfat, strawberry, DANNON OIKOS	150.0	5.3 oz	0.165
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	33.0	1.0 cup (1 NLEA serving)	0.165
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0.165
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	33.0	1.0 cup (1 NLEA serving)	0.165
08491	Cereals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S	30.0	1.0 cup (1 NLEA serving)	0.165
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	0.165
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	0.165
09002	Acerola juice, raw	242.0	1.0 cup	0.165
03052	Babyfood, dinner, beef stew, toddler	28.35	1.0 oz	0.164
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	0.164
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	0.164
35239	Tortilla, blue corn, Sakwavikaviki (Hopi)	57.0	1.0 piece	0.164
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	0.163
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0.163
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0.163
42119	Babyfood, banana juice with low fat yogurt	31.5	1.0 fl oz	0.163
42120	Babyfood, mixed fruit juice with low fat yogurt	31.5	1.0 fl oz	0.163
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	7.8	1.0 tbsp	0.163
18272	Ice cream cones, sugar, rolled-type	28.35	1.0 oz	0.162
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	0.162
05025	Chicken, heart, all classes, raw	6.1	1.0 heart	0.162
08648	Cereals ready-to-eat, KASHI Simply Maize	27.0	0.75 cup (1 NLEA serving)	0.162
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	54.0	29.0 biscuits (1 NLEA serving)	0.162

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	27.0	0.75 cup (1 NLEA serving)	0.162
08647	Cereals ready-to-eat, KASHI INDIGO MORNING	27.0	0.75 cup (1 NLEA serving)	0.162
11989	Mushrooms, straw, canned, drained solids	182.0	1.0 cup	0.162
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	0.162
11908	Corn, sweet, white, canned, vacuum pack, regular pack	210.0	1.0 cup	0.162
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	0.162
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	0.162
11909	Corn, sweet, white, canned, vacuum pack, no salt added	210.0	1.0 cup	0.162
02022	Spices, mace, ground	1.7	1.0 tsp	0.162
09095	Figs, dried, stewed	259.0	1.0 cup	0.161
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.160
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.160
08471	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Protein Plus	32.0	0.75 cup (1 NLEA serving)	0.160
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	32.0	1.0 cup (1 NLEA serving)	0.160
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	32.0	0.75 cup (1 NLEA serving)	0.160
15159	Mollusks, clam, mixed species, cooked, moist heat	85.0	3.0 oz	0.160
15023	Fish, mahimahi, raw	85.0	3.0 oz	0.160
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	0.160
08700	Cereals ready-to-eat, KELLOGG RAISIN BRAN with Omega-3 from flaxseed	53.0	1.0 Cup (1 NLEA serving)	0.159
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	0.159
05625	Emu, flat fillet, raw	85.0	3.0 oz	0.159
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.35	1.0 oz	0.159
15022	Fish, cusk, raw	122.0	1.0 fillet	0.159
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	165.0	1.0 cup	0.158
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	0.158
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	0.158
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	0.158
43497	Jellyfish, dried, salted	58.0	1.0 cup	0.158
16210	Vitasoy USA, Nasoya Lite Firm Tofu	79.0	0.2 package	0.158
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	0.158
01285	Yogurt, Greek, strawberry, nonfat	150.0	1.0 container (5.3 oz)	0.158
03302	Babyfood, snack, GERBER GRADUATE YOGURT MELTS	7.0	1.0 serving	0.157
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	230.0	1.0 cup	0.156



NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	9.9	1.0 serving	0.156
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	52.0	1.0 cup (1 NLEA serving)	0.156
18057	Bread, reduced-calorie, white	28.35	1.0 oz	0.156
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	0.156
06075	Soup, beef broth or bouillon, powder, dry	3.6	1.0 cube	0.156
01185	Parmesan cheese topping, fat free	5.0	1.0 tablespoon	0.156
42150	Babyfood, apple yogurt dessert, strained	15.0	1.0 tbsp	0.155
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	0.155
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	0.155
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	0.155
03226	Babyfood, dessert, fruit pudding, orange, strained	28.35	1.0 oz	0.155
01281	Yogurt, Greek, nonfat, strawberry, CHOBANI	150.0	5.3 oz	0.154
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	0.154
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	0.154
03046	Babyfood, ravioli, cheese filled, with tomato sauce	16.0	1.0 tbsp	0.154
11208	Dandelion greens, cooked, boiled, drained, without salt	105.0	1.0 cup, chopped	0.153
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	0.153
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	0.153
20065	Rye flour, light	102.0	1.0 cup	0.153
21144	CHICK-FIL-A, hash browns	5.5	1.0 piece	0.153
11134	Cassava, raw	206.0	1.0 cup	0.152
07028	Ham, sliced, packaged (96% fat free, water added)	23.0	1.0 slice	0.152
09176	Mangos, raw	165.0	1.0 cup pieces	0.152
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	0.152
11613	Borage, raw	89.0	1.0 cup (1" pieces)	0.151
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	0.151
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.151
11088	Broadbeans, immature seeds, raw	109.0	1.0 cup	0.150
17099	Veal, leg (top round), separable lean only, raw	28.35	1.0 oz	0.150
18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	0.150
17166	Game meat, elk, raw	28.35	1.0 oz	0.150
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	0.150
08674	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey	30.0	0.75 cup (1 NLEA serving)	0.150
08537	Cereals ready-to-eat, KASHI 7 Whole Grain Flakes	50.0	1.0 cup (1 NLEA serving)	0.150
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	50.0	1.0 cup (1 NLEA serving)	0.150

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	30.0	0.333 cup (1 NLEA serving)	0.150
08653	Cereals ready-to-eat, KELLOGG'S RICE KRISPIES, Gluten Free	30.0	1.0 cup (1 NLEA serving)	0.150
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	30.0	1.0 cup (1 NLEA serving)	0.150
05023	Chicken, gizzard, all classes, raw	28.35	1.0 oz	0.150
18029	Bread, french or vienna (includes sourdough)	28.35	1.0 oz	0.150
03047	Babyfood, dinner, beef noodle, strained	16.0	1.0 tbsp	0.150
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	30.0	0.25 cup	0.150
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	0.150
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	0.149
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	0.149
11973	Beans, fava, in pod, raw	126.0	1.0 cup	0.149
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	28.0	0.75 cup (1 NLEA serving)	0.148
03298	Babyfood, dinner, broccoli and chicken, junior	29.0	1.0 tbsp	0.148
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	0.148
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	0.148
01190	KRAFT FREE Singles American Nonfat Pasteurized Process Cheese Product	21.0	1.0 slice	0.147
16023	Beans, french, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.147
16323	Beans, french, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.147
05363	Ruffed Grouse, breast meat, skinless, raw	113.0	4.0 oz	0.147
20006	Barley, pearled, cooked	157.0	1.0 cup	0.146
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	275.0	1.0 cup	0.146
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	242.0	1.0 cup	0.145
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	242.0	1.0 cup	0.145
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	29.0	0.75 cup (1 NLEA serving)	0.145
15205	Fish, pollock, Atlantic, cooked, dry heat	85.0	3.0 oz	0.145
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	0.144
43078	Beverage, milkshake mix, dry, not chocolate	7.0	1.0 tbsp	0.144
11413	Potato flour	160.0	1.0 cup	0.144
03290	Babyfood, carrots and beef, strained	15.0	1.0 tbsp	0.144
18290	Pancakes, plain, dry mix, complete, prepared	28.35	1.0 oz	0.144
18507	KELLOGG'S EGGO Lowfat Blueberry Nutri-Grain Waffles	35.0	1.0 waffle, round (4" dia) (include frozen)	0.144
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	0.143
16117	Soy flour, defatted	105.0	1.0 cup	0.143
15226	Crustaceans, crab, dungeness, cooked, moist heat	85.0	3.0 oz	0.143
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	0.143

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	0.143
20092	Pasta, gluten-free, corn, cooked	140.0	1.0 cup	0.143
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	0.142
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	0.142
11361	Potatoes, roasted, salt added in processing, frozen, unprepared	85.0	3.0 oz	0.142
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	28.35	1.0 oz	0.142
19014	Snacks, fruit leather, rolls	21.0	1.0 large	0.141
43483	Millet, puffed	21.0	1.0 cup	0.141
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	0.140
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	0.140
01112	Whey, acid, fluid	246.0	1.0 cup	0.140
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	0.140
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	0.140
21026	Fast foods, potatoes, hash browns, round pieces or patty	5.5	1.0 round piece	0.140
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	168.0	1.0 cup	0.139
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	168.0	1.0 cup	0.139
11978	Peppers, ancho, dried	17.0	1.0 pepper	0.139
09231	Passion-fruit, (granadilla), purple, raw	236.0	1.0 cup	0.139
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	0.139
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	0.139
03199	Babyfood, cereal, with eggs, strained	28.35	1.0 oz	0.139
06559	Soup, tomato, canned, prepared with equal volume water, commercial	248.0	1.0 serving 1 cup	0.139
15242	Crustaceans, crayfish, mixed species, farmed, raw	85.0	3.0 oz	0.139
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	0.139
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	0.139
28364	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan	5.3	10.0 goldfish	0.139
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	0.138
06126	Gravy, turkey, dry	7.0	1.0 serving	0.138
09278	Plantains, cooked	200.0	1.0 cup, mashed	0.138
43142	Radishes, hawaiian style, pickled	150.0	1.0 cup	0.138
06480	Soup, chicken broth or bouillon, dry, prepared with water	241.0	1.0 cup 8 fl oz	0.137
06080	Soup, chicken broth or bouillon, dry	4.0	1.0 cube	0.137
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.137
19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	0.137
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	0.136

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	0.136
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup ( 1 NLEA serving)	0.135
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	0.135
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	0.135
01278	Yogurt, Greek, nonfat, vanilla, DANNON OIKOS	150.0	5.3 oz	0.135
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27.0	0.75 cup (1 NLEA serving)	0.135
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	27.0	1.0 cup (1 NLEA serving)	0.135
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	27.0	0.75 cup (1 NLEA serving)	0.135
05088	Chicken, broilers or fryers, neck, meat only, raw	6.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.135
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	0.135
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	0.134
18400	Crackers, matzo, egg and onion	14.2	0.5 oz	0.133
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.133
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	0.132
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	0.132
20139	Wheat, KAMUT khorasan, cooked	172.0	1.0 cup	0.132
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	0.132
04688	Salad dressing, spray-style dressing, assorted flavors	8.0	1.0 serving (approximately 10 sprays)	0.131
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	0.131
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	0.131
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	0.131
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	0.131
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	0.131
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	0.130
17160	Game meat, buffalo, water, raw	28.35	1.0 oz	0.130
31026	Potatoes, yellow fleshed, roasted, salt added in processing, frozen, unprepared	85.0	3.0 oz	0.130
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	0.130
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.130
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.129
20126	Spaghetti, spinach, dry	57.0	2.0 oz	0.129
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	116.0	1.0 cup	0.129
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	0.128
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	0.128
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	0.128
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.127

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.127
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.127
20127	Spaghetti, spinach, cooked	140.0	1.0 cup	0.127
16132	Tofu, salted and fermented (fuyu)	11.0	1.0 block	0.127
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	11.0	1.0 block	0.127
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	0.127
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	211.0	1.0 can (6 fl oz)	0.127
09410	Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	211.0	1.0 can (6 fl oz)	0.127
02033	Spices, poppy seed	2.8	1.0 tsp	0.126
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	0.126
28345	Crackers, gluten-free, multi-seeded and multigrain	6.1	3.0 crackers	0.126
18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	0.126
20105	Macaroni, vegetable, enriched, dry	84.0	1.0 cup spiral shaped	0.126
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	0.126
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	0.126
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	0.126
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	0.125
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0.125
11318	Peas and carrots, canned, regular pack, solids and liquids	255.0	1.0 cup	0.125
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	0.125
11579	Vegetables, mixed, canned, solids and liquids	245.0	1.0 cup	0.125
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	0.125
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.125
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	0.124
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	244.0	1.0 cup	0.124
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	0.124
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	0.124
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	31.0	1.0 cup (1 NLEA serving)	0.124
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	31.0	0.75 cup (1 NLEA serving)	0.124
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31.0	1.0 cup (1 NLEA serving)	0.124
18044	Bread, pumpernickel	28.35	1.0 oz	0.124
20096	Pasta, fresh-refrigerated, spinach, cooked	57.0	2.0 oz	0.124
11141	Celeriac, raw	156.0	1.0 cup	0.123
08363	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran	16.0	0.25 cup (1 NLEA serving)	0.123
06316	Soup, HEALTHY CHOICE Garden Vegetable Soup, canned	246.0	1.0 serving 1 cup	0.123

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
07043	Roast beef, deli style, prepackaged, sliced	9.3	1.0 slice oval	0.123
03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	0.123
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	0.122
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	0.122
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	158.0	1.0 cup	0.122
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	0.122
20045	Rice, white, long-grain, regular, enriched, cooked	158.0	1.0 cup	0.122
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	0.122
15144	Crustaceans, crab, queen, raw	85.0	3.0 oz	0.122
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	5.6	1.0 tbsp	0.121
11215	Garlic, raw	136.0	1.0 cup	0.121
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	0.121
11879	Taro, leaves, cooked, steamed, with salt	145.0	1.0 cup	0.120
11521	Taro leaves, cooked, steamed, without salt	145.0	1.0 cup	0.120
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	30.0	0.5 cup (1 NLEA serving)	0.120
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	30.0	0.75 cup (1 NLEA serving)	0.120
09321	Sugar-apples, (sweetsop), raw	250.0	1.0 cup, pulp	0.120
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	30.0	0.75 cup (1 NLEA serving)	0.120
08608	Cereals ready-to-eat, KASHI Berry Blossom	30.0	0.75 cup (1 NLEA serving)	0.120
08029	Cereals ready-to-eat, POST Bran Flakes	30.0	0.75 cup (1 NLEA serving)	0.120
08651	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Honey Squares	30.0	0.75 cup (1 NLEA serving)	0.120
16122	Soy protein isolate	28.35	1.0 oz	0.120
16035	Beans, kidney, royal red, mature seeds, raw	184.0	1.0 cup	0.120
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	0.119
18003	Bagels, egg	28.35	1.0 oz	0.119
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	0.119
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	0.119
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	0.118
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	0.118
09229	Papaya nectar, canned	250.0	1.0 cup	0.118
09226	Papayas, raw	145.0	1.0 cup 1" pieces	0.117
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	0.117
20447	Rice, white, long-grain, parboiled, unenriched, cooked	158.0	1.0 cup	0.117
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	0.117
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	0.117

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
08613	Cereals ready-to-eat, KELLOGG'S SPECIAL K Multigrain Oats and Honey	29.0	0.666 cup (1 NLEA serving)	0.116
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29.0	0.75 cup (1 NLEA serving)	0.116
01186	Cheese, cream, fat free	18.0	1.0 tbsp	0.116
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	0.116
28336	Bread, gluten-free, white, made with potato extract, rice starch, and rice flour	34.0	1.0 slice	0.115
28366	RUDI'S, Gluten-Free Bakery, Original Sandwich Bread	34.0	1.0 slice	0.115
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.115
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.115
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.115
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.115
01200	Reddi Wip Fat Free Whipped Topping	4.0	1.0 tablespoon	0.115
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	0.115
09315	Soursop, raw	225.0	1.0 cup, pulp	0.115
03215	Babyfood, pretzels	28.35	1.0 oz	0.113
06375	CAMPBELL'S, Vegetable Beef Soup, condensed	126.0	0.5 cup condensed	0.113
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	16.0	1.0 tbsp	0.113
14194	Beverages, Cocoa mix, powder, prepared with water	34.3	1.0 fl oz	0.113
11596	Winged beans, immature seeds, cooked, boiled, drained, without salt	62.0	1.0 cup	0.112
15143	Crustaceans, crab, dungeness, raw	85.0	3.0 oz	0.112
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	0.112
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	0.112
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	0.112
16164	MORI-NU, Tofu, silken, lite firm	84.0	1.0 slice	0.112
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	0.111
02035	Spices, pumpkin pie spice	1.7	1.0 tsp	0.111
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	0.111
18071	Bread, white, prepared from recipe, made with nonfat dry milk	28.35	1.0 oz	0.111
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	0.111
09185	Melon balls, frozen	173.0	1.0 cup, unthawed	0.111
11991	Yautia (tannier), raw	135.0	1.0 cup, sliced	0.111
08663	Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful	55.0	29.0 biscuits (1 NLEA serving)	0.110
16506	LOMA LINDA Vege-Burger, canned, unprepared	55.0	0.25 cup	0.110
08539	Cereals ready-to-eat, KASHI ORGANIC PROMISE, CINNAMON HARVEST	55.0	28.0 biscuits (1 NLEA serving)	0.110
09015	Apples, frozen, unsweetened, heated	206.0	1.0 cup slices	0.109
15061	Fish, perch, mixed species, cooked, dry heat	46.0	1.0 fillet	0.109

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
28365	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza	5.1	10.0 goldfish	0.109
11310	Peas, green, canned, seasoned, solids and liquids	227.0	1.0 cup	0.109
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.109
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.109
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.109
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	0.109
08177	Cereals, MALT-O-MEAL, chocolate, dry	35.0	3.0 tbsp (1 NLEA serving)	0.108
12128	Nuts, ginkgo nuts, dried	28.35	1.0 oz	0.108
93600	Turtle, green, raw	85.0	3.0 oz	0.108
17183	Game meat, squirrel, raw	28.35	1.0 oz	0.108
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	30.0	1.0 cup (1 NLEA serving)	0.108
03114	Babyfood, vegetable, butternut squash and corn	113.0	1.0 jar, Gerber (4 oz)	0.107
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	0.107
11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	0.107
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	0.107
28331	Crackers, flavored, fish-shaped	5.2	10.0 goldfish	0.107
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	0.107
20051	Rice, white, medium-grain, enriched, cooked	186.0	1.0 cup	0.106
20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	0.106
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	0.106
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	0.106
09059	Breadfruit, raw	220.0	1.0 cup	0.106
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	0.106
43021	Salad dressing, caesar, low calorie	15.0	1.0 tbsp	0.105
09063	Cherries, sour, red, raw	155.0	1.0 cup, without pits	0.105
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	5.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.105
08092	Cereals, QUAKER, corn grits, instant, plain, dry	29.0	1.0 packet	0.105
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	0.105
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	0.105
09154	Lemon juice, frozen, unsweetened, single strength	244.0	1.0 cup	0.105
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	0.105
11595	Winged beans, immature seeds, raw	44.0	1.0 cup slices	0.105
04706	Dressing, honey mustard, fat-free	30.0	2.0 tbsp (1 NLEA serving)	0.105
11514	Sweet potato, canned, mashed	255.0	1.0 cup	0.105
20453	Rice, white, short-grain, cooked, unenriched	205.0	1.0 cup	0.105



NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	0.105
09228	Papaya, canned, heavy syrup, drained	39.0	1.0 piece	0.105
09286	Pomegranates, raw	87.0	0.5 cup arils (seed/juice sacs)	0.104
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	0.104
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	0.104
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	0.104
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	0.104
28268	KEEBLER, Sugar Cones	13.0	1.0 cone	0.104
05630	Emu, outside drum, raw	85.0	3.0 oz	0.104
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	87.0	1.0 cup	0.104
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	0.104
06067	Soup, chunky vegetable, canned, ready-to-serve	230.0	1.0 cup	0.104
28156	KEEBLER, Waffle Cones	12.0	1.0 cone	0.103
28155	KEEBLER, Waffle Bowls	12.0	1.0 waffle	0.103
18383	Bread, protein, (includes gluten), toasted	28.35	1.0 oz	0.103
11304	Peas, green, raw	145.0	1.0 cup	0.103
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	0.103
08355	Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS	33.0	1.0 cup (1 NLEA serving)	0.102
15044	Fish, ling, raw	85.0	3.0 oz	0.102
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	0.102
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	0.102
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	0.101
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	0.101
43387	Turnip greens, canned, no salt added	144.0	1.0 cup	0.101
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	0.101
11118	Cabbage, kimchi	150.0	1.0 cup	0.100
42153	Salad dressing, blue or roquefort cheese dressing, light	16.0	1.0 tbsp	0.100
11549	Tomato products, canned, sauce	245.0	1.0 cup	0.100
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	0.100
15163	Mollusks, cuttlefish, mixed species, raw	85.0	3.0 oz	0.100
15062	Fish, pike, northern, raw	85.0	3.0 oz	0.100
35140	Bread, kneel down (Navajo)	28.35	1.0 oz	0.100
19067	Candies, TWIZZLERS CHERRY BITES	40.0	18.0 pieces	0.100
09287	Prickly pears, raw	149.0	1.0 cup	0.100
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	0.100

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	28.0	1.0 cup (1 NLEA serving)	0.099
09005	Apples, raw, without skin, cooked, boiled	171.0	1.0 cup slices	0.099
19330	Puddings, lemon, dry mix, instant	99.0	1.0 package (3.5 oz)	0.099
20015	Corn bran, crude	76.0	1.0 cup	0.099
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	0.099
03297	Babyfood, dinner, apples and chicken, strained	28.35	1.0 oz	0.098
09152	Lemon juice, raw	244.0	1.0 cup	0.098
16165	MORI-NU, Tofu, silken, lite extra firm	84.0	1.0 slice	0.097
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	9.9	1.0 serving	0.097
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	33.0	3.0 tablespoon (1 serving)	0.097
11376	Potatoes, canned, drained solids	180.0	1.0 cup	0.097
11969	Broccoli, chinese, cooked	88.0	1.0 cup	0.097
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	0.096
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	0.096
06476	Soup, beef broth, cubed, prepared with water	240.0	1.0 serving 1 cup	0.096
11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	0.096
04014	Salad dressing, KRAFT MIRACLE WHIP FREE Nonfat Dressing	16.0	1.0 tbsp	0.096
06475	Soup, beef broth or bouillon, powder, prepared with water	240.0	1.0 serving 1 cup	0.096
42193	Salad Dressing, mayonnaise-like, fat-free	16.0	1.0 tbsp	0.096
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	0.096
03184	Babyfood, cereal, whole wheat, with apples, dry fortified	15.0	0.5 oz	0.096
09298	Raisins, seedless	165.0	1.0 cup, packed	0.096
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.096
11199	Yardlong bean, raw	91.0	1.0 cup slices	0.096
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	77.0	1.0 fillet	0.095
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	60.0	1.0 fillet	0.095
03068	Babyfood, dinner, chicken noodle, strained	16.0	1.0 tbsp	0.095
09143	Guava sauce, cooked	238.0	1.0 cup	0.095
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	0.095
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	0.095
20053	Rice, white, short-grain, enriched, cooked	186.0	1.0 cup	0.095
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	120.0	1.0 artichoke, medium	0.095
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120.0	1.0 artichoke, medium	0.095
16054	Broadbeans (fava beans), mature seeds, canned	256.0	1.0 cup	0.095
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	28.35	1.0 oz	0.095

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
18266	English muffins, whole-wheat	28.35	1.0 oz	0.095
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	90.0	1.0 fillet	0.094
18043	Bread, protein (includes gluten)	28.35	1.0 oz	0.094
18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	0.094
16073	Lima beans, large, mature seeds, canned	241.0	1.0 cup	0.094
11794	Lambsquarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0.094
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0.094
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	0.094
11207	Dandelion greens, raw	55.0	1.0 cup, chopped	0.094
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	0.093
11583	Vegetables, mixed, frozen, unprepared	95.0	0.33 package (10 oz)	0.093
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	31.0	1.0 cup (1 NLEA serving)	0.093
08701	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Multi-grain	31.0	1.0 Cup (1 NLEA serving)	0.093
11649	Tomato products, canned, sauce, spanish style	244.0	1.0 cup	0.093
16055	Carob flour	103.0	1.0 cup	0.093
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	0.092
16511	WORTHINGTON Choplets, canned, unprepared	92.0	2.0 slices	0.092
06188	Soup, beef broth, less/reduced sodium, ready to serve	219.0	1.0 cup	0.092
43311	Potatoes, canned, drained solids, no salt added	180.0	1.0 cup	0.092
11987	Mushrooms, oyster, raw	148.0	1.0 large	0.092
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	0.092
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	0.092
03303	Babyfood, dinner, sweet potatoes and chicken, strained	16.0	1.0 tbsp	0.092
06175	Sauce, hoisin, ready-to-serve	16.0	1.0 tbsp	0.091
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	0.091
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	0.091
12127	Nuts, ginkgo nuts, raw	28.35	1.0 oz	0.090
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	0.090
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	30.0	0.75 cup (1 NLEA serving)	0.090
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	0.089
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	0.089
06981	Soup, bouillon cubes and granules, low sodium, dry	2.6	1.0 tsp	0.089
19318	Puddings, banana, dry mix, instant	99.0	1.0 package (3.5 oz)	0.089
02036	Spices, rosemary, dried	1.2	1.0 tsp	0.088
18265	English muffins, wheat, toasted	28.35	1.0 oz	0.088

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	0.088
11046	Beans, navy, mature seeds, sprouted, raw	104.0	1.0 cup	0.088
12041	Seeds, sunflower seed flour, partially defatted	64.0	1.0 cup	0.088
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	19.0	1.0 cup (1 NLEA serving)	0.088
12008	Seeds, cottonseed flour, low fat (glandless)	28.35	1.0 oz	0.088
20133	Rice noodles, dry	57.0	2.0 oz	0.087
11374	Potatoes, canned, solids and liquids	300.0	1.0 cup, whole	0.087
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	16.0	1.0 tbsp	0.087
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	0.086
09075	Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	0.086
03964	Babyfood, fortified cereal bar, fruit filling	19.0	1.0 bar	0.086
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	253.0	1.0 cup	0.086
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	0.086
15270	Crustaceans, shrimp, raw (not previously frozen)	85.0	3.0 oz	0.086
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	0.086
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	0.086
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.084
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	0.084
06170	Soup, stock, beef, home-prepared	240.0	1.0 cup	0.084
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	17.0	1.0 tbsp	0.084
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	0.084
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	0.083
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	5.3	1.0 tbsp	0.083
11009	Artichokes, (globe or french), frozen, unprepared	84.0	0.33 package	0.083
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	0.083
02011	Spices, cloves, ground	2.1	1.0 tsp	0.083
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	0.083
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	0.083
11979	Peppers, jalapeno, raw	90.0	1.0 cup, sliced	0.083
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	230.0	1.0 cup	0.083
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	230.0	1.0 cup	0.083
09150	Lemons, raw, without peel	212.0	1.0 cup, sections	0.083
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	0.082
11570	Turnip greens, canned, solids and liquids	117.0	0.5 cup	0.082
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.082

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.082
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	124.0	0.5 cup	0.082
11324	Peas and onions, canned, solids and liquids	120.0	1.0 cup	0.082
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	0.082
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	0.082
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	0.082
18264	English muffins, wheat	28.35	1.0 oz	0.081
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	0.081
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	0.081
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	0.081
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	31.0	0.75 cup (1 NLEA serving)	0.081
11418	Pumpkin leaves, raw	39.0	1.0 cup	0.081
28355	CRUNCHMASTER, Multi-Grain Crisps, Snack Crackers, Gluten-Free	3.9	3.0 crackers	0.081
42205	Cheese, pasteurized process, cheddar or American, fat-free	16.0	1.0 cubic inch	0.081
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	0.081
11941	Pickles, cucumber, sour	155.0	1.0 cup	0.081
08512	Cereals, MALT-O-MEAL, chocolate, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	0.080
20089	Wild rice, cooked	164.0	1.0 cup	0.080
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	0.080
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	0.080
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	0.080
09163	Blueberries, dried, sweetened	40.0	0.25 cup	0.080
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	0.080
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	0.080
22119	MORNINGSTAR FARMS Veggie Dog, frozen, unprepared	40.0	1.0 link	0.080
18021	Bread, boston brown, canned	28.35	1.0 oz	0.080
20098	Pasta, homemade, made without egg, cooked	57.0	2.0 oz	0.080
11100	Brussels sprouts, frozen, unprepared	95.0	0.33 package (10 oz)	0.080
11972	Lemon grass (citronella), raw	67.0	1.0 cup	0.080
11297	Parsley, fresh	60.0	1.0 cup chopped	0.079
19206	Puddings, vanilla, dry mix, regular	88.0	1.0 package (3.12 oz)	0.079
19320	Puddings, banana, dry mix, regular	88.0	1.0 package (3.12 oz)	0.079
08354	Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS	28.0	0.75 cup (1 NLEA serving)	0.078
11957	Fennel, bulb, raw	87.0	1.0 cup, sliced	0.078
03282	Babyfood, vegetables, mix vegetables junior	99.0	1.0 serving 3.5 oz serving	0.078

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	8.0	1.0 serving	0.078
09289	Prunes, dehydrated (low-moisture), uncooked	132.0	1.0 cup	0.078
18218	Crackers, matzo, egg	14.2	0.5 oz	0.078
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	243.0	1.0 cup	0.078
03044	Babyfood, dinner, macaroni and tomato and beef, strained	16.0	1.0 tbsp	0.078
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.078
09076	Cherries, sweet, frozen, sweetened	259.0	1.0 cup, thawed	0.078
43523	Babyfood, mixed fruit yogurt, strained	15.0	1.0 tbsp	0.078
20114	Noodles, japanese, soba, dry	57.0	2.0 oz	0.078
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0.077
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	0.077
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	0.077
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0.077
15033	Fish, haddock, raw	85.0	3.0 oz	0.077
09519	Guava nectar, with sucralose, canned	335.0	11.3 fl oz	0.077
18236	Cracker meal	28.35	1.0 oz	0.077
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	0.077
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	0.077
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	17.0	1.0 tbsp	0.076
09402	Applesauce, canned, sweetened, with salt	255.0	1.0 cup	0.076
15136	Crustaceans, crab, alaska king, raw	85.0	3.0 oz	0.076
20013	Bulgur, cooked	182.0	1.0 cup	0.076
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	0.076
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	0.076
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	29.0	1.0 cup (1 NLEA serving)	0.076
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	0.076
12004	Seeds, breadnut tree seeds, raw	28.35	1.0 oz (8-14 seeds)	0.076
12094	Nuts, chestnuts, chinese, dried	28.35	1.0 oz	0.075
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	0.075
11198	Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	95.0	1.0 cup	0.075
11779	Cowpeas, young pods with seeds, cooked, boiled, drained, with salt	95.0	1.0 cup	0.075
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	0.075
18368	Wonton wrappers (includes egg roll wrappers)	28.35	1.0 oz	0.075
28363	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original	5.2	10.0 goldfish	0.074
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	0.074

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
11197	Cowpeas, young pods with seeds, raw	94.0	1.0 cup	0.074
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	0.074
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	16.0	1.0 tbsp	0.074
12101	Nuts, chestnuts, european, boiled and steamed	28.35	1.0 oz	0.074
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	0.074
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	28.35	1.0 oz	0.073
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.073
18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	0.073
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	28.35	1.0 oz	0.073
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	179.0	1.0 cup	0.073
06481	Soup, chicken broth cubes, dry, prepared with water	243.0	1.0 cup (8 fl oz)	0.073
09434	Guanabana nectar, canned	251.0	1.0 cup	0.073
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	0.072
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	0.072
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	0.072
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	0.072
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	268.0	1.0 cup	0.072
06076	Soup, beef broth, cubed, dry	3.6	1.0 cube	0.072
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	0.071
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	182.0	1.0 cup	0.071
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	0.071
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	0.071
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.071
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	0.070
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	0.070
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	0.070
42286	Babyfood, green beans and turkey, strained	14.0	1.0 tbsp	0.070
11349	Poi	240.0	1.0 cup	0.070
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	0.069
18299	Pancakes, whole-wheat, dry mix, incomplete	28.35	1.0 oz	0.069
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	0.069
11623	Kale, scotch, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.069
11792	Kale, scotch, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.069
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	0.069
11516	Sweet potato, frozen, unprepared	176.0	1.0 cup, cubes	0.069

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	0.068
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	0.068
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16.0	1.0 serving	0.068
09352	Blueberries, canned, light syrup, drained	244.0	1.0 cup	0.068
06615	Soup, SWANSON, vegetable broth	220.0	1.0 cup	0.068
19858	Candies, sugar-coated almonds	3.5	1.0 piece	0.068
19423	Snacks, potato chips, fat-free, made with olestra	28.35	1.0 oz	0.068
15174	Mollusks, scallop, mixed species, imitation, made from surimi	85.0	3.0 oz	0.068
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	0.068
20055	Rice, white, glutinous, unenriched, cooked	174.0	1.0 cup	0.068
43537	Babyfood, dessert, blueberry yogurt, strained	15.0	1.0 tbsp	0.068
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	0.068
04144	Salad dressing, italian dressing, reduced fat, without salt	15.0	1.0 tablespoon	0.068
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.068
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.068
11282	Onions, raw	160.0	1.0 cup, chopped	0.067
08096	Cereals, QUAKER, Instant Grits, Country Bacon flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.067
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	0.067
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	0.067
15108	Fish, sunfish, pumpkin seed, raw	48.0	1.0 fillet	0.067
09001	Acerola, (west indian cherry), raw	98.0	1.0 cup	0.067
12098	Nuts, chestnuts, european, raw, peeled	28.35	1.0 oz	0.067
11298	Parsnips, raw	133.0	1.0 cup slices	0.066
28372	UDI'S, Gluten Free, Soft & Hearty Whole Grain Bread	25.0	1.0 slice	0.066
28339	Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour	25.0	1.0 slice	0.066
02009	Spices, chili powder	2.7	1.0 tsp	0.066
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	0.066
16030	Beans, kidney, california red, mature seeds, raw	184.0	1.0 cup	0.066
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	0.066
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	0.066
11700	Amaranth leaves, cooked, boiled, drained, with salt	132.0	1.0 cup	0.066
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	0.066
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	37.0	1.0 fillet	0.066
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	0.066
03045	Babyfood, dinner, macaroni and tomato and beef, junior	16.0	1.0 tbsp	0.066



NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	0.066
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	0.065
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	0.065
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	0.065
09248	Peaches, dried, sulfured, stewed, with added sugar	270.0	1.0 cup	0.065
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.065
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.065
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.065
09307	Rhubarb, raw	122.0	1.0 cup, diced	0.065
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	0.065
08444	Cereals, QUAKER, Instant Grits, Redeye Gravy & Country Ham flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.064
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	0.064
09161	Lime juice, canned or bottled, unsweetened	246.0	1.0 cup	0.064
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	0.064
06611	Soup, SWANSON, beef broth, lower sodium	213.0	1.0 cup	0.064
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	0.064
19076	Candies, caramels, chocolate-flavor roll	6.6	1.0 piece	0.064
11655	Carrot juice, canned	236.0	1.0 cup	0.064
08506	Cereals ready-to-eat, RALSTON Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.064
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	253.0	1.0 cup	0.063
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	0.063
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	0.063
18220	Crackers, melba toast, plain	14.2	0.5 oz	0.063
18424	Crackers, melba toast, plain, without salt	14.2	0.5 oz	0.063
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	0.063
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	0.063
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	0.063
19361	Syrups, table blends, cane and 15% maple	315.0	1.0 cup	0.063
11916	Peppers, sweet, red, canned, solids and liquids	140.0	1.0 cup, halves	0.063
11335	Peppers, sweet, green, canned, solids and liquids	140.0	1.0 cup, halves	0.063
11896	Winged bean, immature seeds, cooked, boiled, drained, with salt	62.0	1.0 cup	0.063
04638	Salad dressing, ranch dressing, fat-free	14.0	1.0 tablespoon	0.063
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	0.062
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	0.062
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	15.0	1.0 tbsp	0.062

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0.062
17172	Game meat, moose, raw	28.35	1.0 oz	0.062
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	28.35	1.0 oz	0.062
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0.062
27063	Sauce, enchilada, red, mild, ready to serve	56.0	0.25 cup	0.062
11977	Peppers, serrano, raw	105.0	1.0 cup, chopped	0.062
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	15.0	1.0 cup (1 NLEA serving)	0.062
43057	Candies, gum drops, no sugar or low calorie (sorbitol)	182.0	1.0 cup	0.062
06700	Soup, vegetable broth, ready to serve	221.0	1.0 cup	0.062
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	0.062
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	0.062
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	0.062
07943	Turkey, breast, smoked, lemon pepper flavor, 97% fat-free	28.0	1.0 slice	0.062
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.062
11741	Broccoli, stalks, raw	114.0	1.0 stalk	0.062
08316	Cereals, QUAKER, hominy grits, white, regular, dry	41.0	0.25 cup (1 NLEA serving)	0.061
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	0.061
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	0.061
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	0.061
11027	Bamboo shoots, cooked, boiled, drained, without salt	120.0	1.0 cup (1/2" slices)	0.061
11712	Bamboo shoots, cooked, boiled, drained, with salt	120.0	1.0 cup (1/2" slices)	0.061
19366	Toppings, pineapple	340.0	1.0 cup	0.061
21380	McDONALD'S, Fruit 'n Yogurt Parfait	149.0	1.0 item 5.2 oz	0.061
06115	Gravy, au jus, dry	3.0	1.0 tsp	0.061
19304	Molasses	337.0	1.0 cup	0.061
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	0.060
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	0.060
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	0.060
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30.0	1.0 cup (1 NLEA serving)	0.060
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	0.060
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	0.060
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	0.060
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	0.060
09174	Loquats, raw	149.0	1.0 cup, cubed	0.060
11976	Pepper, banana, raw	124.0	1.0 cup	0.060

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
09206	Orange juice, raw	248.0	1.0 cup	0.060
09205	Oranges, raw, with peel	170.0	1.0 cup	0.060
11864	Squash, winter, acorn, cooked, baked, with salt	205.0	1.0 cup, cubes	0.059
11483	Squash, winter, acorn, cooked, baked, without salt	205.0	1.0 cup, cubes	0.059
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	0.059
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.059
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	0.059
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.059
09221	Tangerine juice, raw	247.0	1.0 cup	0.059
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	0.059
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	0.059
08314	Cereals, QUAKER, hominy grits, white, quick, dry	37.0	0.25 cup	0.059
06114	Gravy, au jus, canned	59.0	0.25 cup	0.059
11322	Peas and carrots, frozen, unprepared	70.0	0.5 cup	0.059
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	0.059
02031	Spices, pepper, red or cayenne	1.8	1.0 tsp	0.059
09044	Cherries, tart, dried, sweetened	40.0	0.25 cup	0.058
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.058
27067	Sauce, OLD EL PASO, enchilada, red, mild, ready to serve	58.0	0.25 cup	0.058
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29.0	1.0 cup (1 NLEA serving)	0.058
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	0.058
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	0.058
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	0.058
25059	Snacks, brown rice chips	9.0	1.0 cake	0.058
11951	Peppers, sweet, yellow, raw	186.0	1.0 pepper, large (3-3/4" long, 3" dia)	0.058
06081	Soup, chicken broth cubes, dry	4.8	1.0 cube	0.058
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	9.0	1.0 cake	0.058
19052	Snacks, rice cakes, brown rice, buckwheat	9.0	1.0 cake	0.058
09443	Juice, apple and grape blend, with added ascorbic acid	250.0	8.0 fl oz	0.058
11048	Beans, pinto, immature seeds, frozen, unprepared	94.0	0.333 package (10 oz)	0.057
18297	Pancakes, special dietary, dry mix	28.35	1.0 oz	0.057
09107	Gooseberries, raw	150.0	1.0 cup	0.057
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	0.057
12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	0.057
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	0.057

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	0.057
19436	Popcorn, sugar syrup/caramel, fat-free	28.35	1.0 oz	0.057
19413	Snacks, rice cakes, brown rice, corn	9.0	1.0 cake	0.057
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	0.057
11050	Beans, shellie, canned, solids and liquids	245.0	1.0 cup	0.056
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244.0	1.0 cup	0.056
09290	Prunes, dehydrated (low-moisture), stewed	280.0	1.0 cup	0.056
11601	Yam, raw	150.0	1.0 cup, cubes	0.056
43539	Babyfood, dessert, banana yogurt, strained	15.0	1.0 tbsp	0.056
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	0.055
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.055
11438	Salsify, cooked, boiled, drained, without salt	135.0	1.0 cup, sliced	0.055
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	0.055
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	0.055
02043	Spices, turmeric, ground	3.0	1.0 tsp	0.055
08463	Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS	55.0	1.0 cup (1 NLEA serving)	0.055
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.055
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	134.0	1.0 cup	0.055
11417	Pumpkin flowers, cooked, boiled, drained, without salt	134.0	1.0 cup	0.055
09067	Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	0.055
09195	Olives, pickled, canned or bottled, green	2.7	1.0 olive	0.055
07932	Chicken breast, fat-free, mesquite flavor, sliced	42.0	1.0 serving 2 slices	0.055
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	0.055
11098	Brussels sprouts, raw	88.0	1.0 cup	0.055
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	248.0	1.0 cup	0.055
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248.0	1.0 cup	0.055
11049	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	94.0	0.333 package (10 oz) yields	0.055
11720	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	94.0	0.333 package (10 oz) yields	0.055
15109	Fish, surimi	28.35	1.0 oz	0.054
03082	Babyfood, dinner, turkey and rice, strained	16.0	1.0 tbsp	0.054
03069	Babyfood, dinner, chicken noodle, junior	16.0	1.0 tbsp	0.054
02019	Spices, fenugreek seed	3.7	1.0 tsp	0.054
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	27.0	0.75 cup (1 NLEA serving)	0.054
03220	Babyfood, dessert, dutch apple, strained	28.35	1.0 oz	0.054

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.054
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	0.054
11011	Asparagus, raw	134.0	1.0 cup	0.054
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	0.053
09077	Crabapples, raw	110.0	1.0 cup slices	0.053
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	0.053
15178	Mollusks, whelk, unspecified, cooked, moist heat	85.0	3.0 oz	0.053
09520	Kiwifruit, ZESPRI SunGold, raw	81.0	1.0 fruit	0.053
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	0.053
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	0.053
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	202.0	1.0 potato (2-1/3" x 4-3/4")	0.053
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	202.0	1.0 potato (2-3/4" dia by 4-3/4" long)	0.053
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	250.0	8.0 fl oz	0.052
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	0.052
11622	Kale, scotch, raw	67.0	1.0 cup, chopped	0.052
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	0.052
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	0.052
19416	Snacks, rice cakes, brown rice, rye	9.0	1.0 cake	0.052
09093	Figs, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	0.052
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	0.052
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	0.052
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	0.052
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	0.052
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	177.0	6.0 fl oz	0.051
19051	Snacks, rice cracker brown rice, plain	9.0	1.0 cake	0.051
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	114.0	0.5 cup	0.051
19816	Snacks, rice cakes, brown rice, plain, unsalted	9.0	1.0 cake	0.051
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	0.051
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	0.051
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	9.0	1.0 cake	0.050
19414	Snacks, rice cakes, brown rice, multigrain	9.0	1.0 cake	0.050
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.050
11527	Tomatoes, green, raw	180.0	1.0 cup	0.050
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	0.050
09435	Guava nectar, canned, with added ascorbic acid	251.0	1.0 cup	0.050

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
11696	Tomatoes, yellow, raw	139.0	1.0 cup, chopped	0.050
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	0.050
08697	Cereals ready-to-eat, KASHI ORGANIC PROMISE, RAISIN VINEYARD	50.0	0.75 Cup (1 NLEA serving)	0.050
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	0.050
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	0.050
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	0.050
12096	Nuts, chestnuts, chinese, roasted	28.35	1.0 oz	0.050
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	0.050
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	0.050
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	0.049
02034	Spices, poultry seasoning	1.5	1.0 tsp	0.049
11436	Rutabagas, cooked, boiled, drained, without salt	170.0	1.0 cup, cubes	0.049
02028	Spices, paprika	2.3	1.0 tsp	0.049
02038	Spices, sage, ground	0.7	1.0 tsp	0.049
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	0.049
09325	Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	257.0	1.0 cup	0.049
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	0.049
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	0.049
11277	New Zealand spinach, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0.049
11802	New zealand spinach, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0.049
19053	Snacks, rice cakes, brown rice, sesame seed	9.0	1.0 cake	0.049
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	9.0	1.0 cake	0.049
02001	Spices, allspice, ground	1.9	1.0 tsp	0.048
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	0.048
11693	Tomatoes, crushed, canned	121.0	0.5 cup	0.048
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	124.0	1.0 cup	0.048
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	0.048
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	0.048
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	178.0	1.0 cup (1" pieces)	0.048
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	178.0	1.0 cup (1" pieces)	0.048
19036	Snacks, popcorn, cakes	10.0	1.0 cake	0.048
18222	Crackers, melba toast, wheat	14.2	0.5 oz	0.048
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	0.048
07081	Turkey breast, sliced, prepackaged	15.0	1.0 slice	0.048
15271	Crustaceans, shrimp, cooked (not previously frozen)	85.0	3.0 oz	0.048

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
11124	Carrots, raw	128.0	1.0 cup chopped	0.047
11954	Tomatillos, raw	34.0	1.0 medium	0.047
18413	Bread, pita, white, unenriched	28.35	1.0 oz	0.047
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	0.047
11974	Grape leaves, raw	14.0	1.0 cup	0.047
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	0.047
09087	Dates, deglet noor	147.0	1.0 cup, chopped	0.047
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247.0	1.0 cup	0.047
11697	Arrowroot, raw	120.0	1.0 cup, sliced	0.047
02021	Spices, ginger, ground	1.8	1.0 tsp	0.047
12093	Nuts, chestnuts, chinese, raw	28.35	1.0 oz	0.046
03154	Babyfood, fruit and vegetable, apple and sweet potato	113.0	1.0 jar, Gerber (4 oz)	0.046
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	0.046
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	0.046
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	0.046
11007	Artichokes, (globe or french), raw	128.0	1.0 artichoke, medium	0.046
11877	Sweet potato, frozen, cooked, baked, with salt	176.0	1.0 cup, cubes	0.046
02039	Spices, savory, ground	1.4	1.0 tsp	0.046
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.046
19806	Snacks, popcorn, air-popped (Unsalted)	8.0	1.0 cup	0.046
20029	Couscous, cooked	157.0	1.0 cup, cooked	0.046
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	14.0	0.75 cup (1 NLEA serving)	0.046
15267	Fish, pollock, Alaska, cooked (not previously frozen)	85.0	3.0 oz	0.045
09043	Blackberry juice, canned	250.0	1.0 cup	0.045
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	0.045
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	140.0	1.0 cup	0.045
09261	Pears, dried, sulfured, stewed, with added sugar	280.0	1.0 cup, halves	0.045
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	0.045
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	0.045
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	0.045
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	0.045
14390	Beverages, cocoa mix, with aspartame, powder, prepared with water	32.1	1.0 fl oz	0.045
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	0.044
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	0.044
11248	Lentils, sprouted, raw	77.0	1.0 cup	0.044

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
02007	Spices, celery seed	2.0	1.0 tsp	0.044
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	0.044
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	0.044
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	0.043
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	0.043
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	0.043
04676	Margarine-like spread, SMART BEAT Smart Squeeze	14.0	1.0 tablespoon	0.043
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	0.043
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	0.043
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	0.043
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	0.043
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	239.0	1.0 cup	0.043
09411	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	239.0	1.0 cup	0.043
11240	Mushrooms, morel, raw	66.0	1.0 cup	0.043
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119.0	1.0 cup, shredded	0.043
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	119.0	1.0 cup, shredded	0.043
11518	Taro, raw	104.0	1.0 cup, sliced	0.043
19437	Snacks, potato chips, fat free, salted	28.35	1.0 oz	0.043
09183	Melons, casaba, raw	170.0	1.0 cup, cubes	0.042
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.042
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	177.0	1.0 cup	0.042
11143	Celery, raw	101.0	1.0 cup chopped	0.042
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	249.0	1.0 cup	0.042
11520	Taro leaves, raw	28.0	1.0 cup	0.042
09293	Plums, dried (prunes), stewed, with added sugar	248.0	1.0 cup, pitted	0.042
09053	Blueberries, wild, frozen	140.0	1.0 cup, frozen	0.042
09021	Apricots, raw	155.0	1.0 cup, halves	0.042
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	0.042
35232	Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	0.042
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	0.042
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	0.042
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	0.042
11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	0.042
11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	0.042
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	7.4	1.0 tbsp	0.041



NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
21315	McDONALD'S, Sweet 'N Sour Sauce	28.0	1.0 package	0.041
09050	Blueberries, raw	148.0	1.0 cup	0.041
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	0.041
04636	Salad dressing, italian dressing, fat-free	14.0	1.0 tbsp	0.041
15269	Fish, cod, Pacific, cooked (not previously frozen)	85.0	3.0 oz	0.041
08489	Cereals, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry	45.0	0.25 cup (1 NLEA serving)	0.040
20134	Rice noodles, cooked	176.0	1.0 cup	0.040
14651	Beverages, fruit juice drink, greater than 3% juice, high vitamin C	238.0	1.0 cup (8 fl oz)	0.040
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	269.0	1.0 cup	0.040
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	0.040
09085	Currants, zante, dried	144.0	1.0 cup	0.040
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	0.040
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	0.040
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0.040
09309	Rhubarb, frozen, uncooked	137.0	1.0 cup, diced	0.040
03122	Babyfood, peas, dices, toddler	28.35	1.0 oz	0.040
43004	Babyfood, dessert, banana pudding, strained	15.0	1.0 tbsp	0.040
11695	Tomatoes, orange, raw	158.0	1.0 cup, chopped	0.040
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	0.039
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	0.039
11326	Peas and onions, frozen, unprepared	69.0	0.5 cup	0.039
21310	McDONALD'S, Barbeque Sauce	28.0	1.0 package	0.039
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.039
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	0.039
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.039
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	0.039
11808	Parsnips, cooked, boiled, drained, with salt	78.0	0.5 cup slices	0.039
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	0.039
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	0.039
11299	Parsnips, cooked, boiled, drained, without salt	78.0	0.5 cup slices	0.039
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	0.039
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	0.039
11980	Peppers, chili, green, canned	139.0	1.0 cup	0.039
11505	Sweet potato leaves, raw	35.0	1.0 cup, chopped	0.039
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	0.039

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
09010	Apples, dehydrated (low moisture), sulfured, stewed	193.0	1.0 cup	0.039
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	0.039
11568	Turnip greens, raw	55.0	1.0 cup, chopped	0.039
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	0.038
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	0.038
11740	Broccoli, flower clusters, raw	71.0	1.0 cup flowerets	0.038
03083	Babyfood, dinner, turkey and rice, junior	16.0	1.0 tbsp	0.038
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	0.038
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	98.0	1.0 cup, chopped	0.038
09083	Currants, european black, raw	112.0	1.0 cup	0.038
16099	Peanut flour, defatted	60.0	1.0 cup	0.038
11435	Rutabagas, raw	140.0	1.0 cup, cubes	0.038
19419	Snacks, corn cakes	9.0	1.0 cake	0.038
19800	Snacks, corn cakes, very low sodium	9.0	1.0 cake	0.038
09190	Mulberries, raw	140.0	1.0 cup	0.038
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	130.0	1.0 cup slices	0.038
03289	Babyfood, apples with ham, strained	15.0	1.0 tbsp	0.038
09288	Prunes, canned, heavy syrup pack, solids and liquids	234.0	1.0 cup	0.037
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	249.0	1.0 cup	0.037
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249.0	1.0 cup	0.037
11429	Radishes, raw	116.0	1.0 cup slices	0.037
09233	Passion-fruit juice, yellow, raw	247.0	1.0 cup	0.037
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	0.037
14534	Alcoholic beverage, liqueur, coffee, 63 proof	34.8	1.0 fl oz	0.037
14414	Alcoholic beverage, liqueur, coffee, 53 proof	34.8	1.0 fl oz	0.037
42204	Rice cake, cracker (include hain mini rice cakes)	4.2	1.0 cubic inch	0.037
11080	Beets, raw	136.0	1.0 cup	0.037
18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	0.037
11621	Drumstick pods, cooked, boiled, drained, without salt	118.0	1.0 cup slices	0.037
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.036
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.036
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.036
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	9.9	1.0 bar	0.036
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	0.036
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	0.036

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	0.036
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	0.036
43028	Jams and preserves, no sugar (with sodium saccharin), any flavor	224.0	1.0 cup	0.036
03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	0.036
09191	Nectarines, raw	143.0	1.0 cup slices	0.036
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior	28.35	1.0 oz	0.036
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	0.036
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	0.036
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	0.036
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	0.036
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	0.036
11090	Broccoli, raw	91.0	1.0 cup chopped	0.035
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	28.35	1.0 oz	0.035
09079	Cranberries, dried, sweetened	40.0	0.25 cup	0.035
01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	0.035
09436	Mango nectar, canned	251.0	1.0 cup	0.035
14048	Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6	500.0	1.0 bottle	0.035
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	0.035
11938	Mushroom, white, exposed to ultraviolet light, raw	70.0	1.0 cup pieces or slices	0.035
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	0.035
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	0.035
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	0.035
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	0.035
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	0.035
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	0.035
11851	Rutabagas, cooked, boiled, drained, with salt	120.0	0.5 cup, mashed	0.035
11430	Radishes, oriental, raw	116.0	1.0 cup slices	0.035
09404	Grapefruit juice, pink, raw	247.0	1.0 cup	0.035
09128	Grapefruit juice, white, raw	247.0	1.0 cup	0.035
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	0.035
18219	Crackers, matzo, whole-wheat	14.2	0.5 oz	0.035
14068	Beverages, KELLOGG'S SPECIAL K20 protein powder	14.5	1.0 packet	0.034
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	0.034
80200	Frog legs, raw	45.0	1.0 leg	0.034
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	0.034

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
03269	Babyfood, juice, apple, with calcium	189.0	1.0 serving	0.034
18086	Cake, angelfood, commercially prepared	28.0	1.0 piece (1/12 of 12 oz cake)	0.034
43365	Tomato and vegetable juice, low sodium	242.0	1.0 cup	0.034
43008	Babyfood, dinner, chicken and rice	16.0	1.0 tbsp	0.034
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	0.034
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	0.034
09127	Grapefruit juice, pink or red, with added calcium	240.0	8.0 fl oz	0.034
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	0.034
09310	Rhubarb, frozen, cooked, with sugar	240.0	1.0 cup	0.034
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	240.0	1.0 cup, mashed	0.034
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	0.034
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	0.033
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	0.033
12204	Nuts, chestnuts, japanese, roasted	28.35	1.0 oz	0.033
09088	Elderberries, raw	145.0	1.0 cup	0.033
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	31.0	0.75 cup (1 NLEA serving)	0.033
15268	Fish, cod, Pacific, raw (not previously frozen)	85.0	3.0 oz	0.033
15266	Fish, pollock, Alaska, raw (not previously frozen)	85.0	3.0 oz	0.033
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	0.033
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	0.033
28162	KELLOGG'S, Corn Flakes Crumbs	33.0	6.0 tbsp	0.033
11620	Drumstick pods, raw	100.0	1.0 cup slices	0.033
09082	Cranberry-orange relish, canned	275.0	1.0 cup	0.033
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	0.033
02015	Spices, curry powder	2.0	1.0 tsp	0.033
14296	Beverages, lemonade-flavor drink, powder	18.0	1.0 serving	0.033
09109	Gooseberries, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.033
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	0.033
04705	Salad dressing, caesar, fat-free	34.0	2.0 tbsp (1 NLEA serving)	0.033
16003	Beans, adzuki, mature seeds, canned, sweetened	296.0	1.0 cup	0.033
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.032
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	0.032
06194	Soup, chicken broth, ready-to-serve	249.0	1.0 cup	0.032
02014	Spices, cumin seed	2.1	1.0 tsp, whole	0.032
09114	Grapefruit, raw, pink and red, Florida	230.0	1.0 cup sections, with juice	0.032

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	0.032
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	0.032
09117	Grapefruit, raw, white, California	230.0	1.0 cup sections, with juice	0.032
09113	Grapefruit, raw, pink and red, California and Arizona	230.0	1.0 cup sections, with juice	0.032
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	0.032
18217	Crackers, matzo, plain	14.2	0.5 oz	0.032
02030	Spices, pepper, black	2.3	1.0 tsp, ground	0.032
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	0.032
12095	Nuts, chestnuts, chinese, boiled and steamed	28.35	1.0 oz	0.032
04635	Salad dressing, thousand island dressing, fat-free	16.0	1.0 tbsp	0.032
03190	Babyfood, cereal, oatmeal, with bananas, dry	2.5	1.0 tbsp	0.032
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.032
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	0.032
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	0.031
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	0.031
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	0.031
09252	Pears, raw	140.0	1.0 cup, slices	0.031
09013	Apples, dried, sulfured, stewed, with added sugar	280.0	1.0 cup	0.031
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	0.031
14405	Beverages, fruit punch juice drink, frozen concentrate	35.2	1.0 fl oz	0.031
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	0.031
11576	Turnip greens and turnips, frozen, unprepared	95.0	0.33 package (10 oz)	0.030
11968	Cauliflower, green, cooked, with salt	62.0	0.5 cup (1" pieces)	0.030
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	0.030
11878	Taro, cooked, with salt	132.0	1.0 cup slices	0.030
11109	Cabbage, raw	89.0	1.0 cup, chopped	0.030
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	0.030
11018	Asparagus, frozen, unprepared	58.0	4.0 spears	0.030
11965	Cauliflower, green, raw	64.0	1.0 cup	0.030
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	0.030
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	30.0	0.75 cup (1 NLEA serving)	0.030
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	0.030
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	30.0	0.75 cup (1 NLEA serving)	0.030
09351	Fruit cocktail, canned, heavy syrup, drained	214.0	1.0 cup	0.030
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	0.030

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	0.030
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	0.030
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	0.030
11337	Peppers, sweet, green, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.029
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.029
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	0.029
11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	0.029
09236	Peaches, yellow, raw	154.0	1.0 cup slices	0.029
06151	Sauce, plum, ready-to-serve	19.0	1.0 tbsp	0.029
15232	Fish, roughy, orange, cooked, dry heat	85.0	3.0 oz	0.029
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	0.029
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	31.0	1.0 cup (1 NLEA serving)	0.029
11154	Chicory roots, raw	60.0	1.0 root	0.029
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	0.029
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	0.028
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	0.028
09279	Plums, raw	165.0	1.0 cup, sliced	0.028
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	0.028
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	0.028
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	175.0	1.0 cup, cubes	0.028
19116	Candies, marshmallows	50.0	1.0 cup of miniature	0.028
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	175.0	1.0 cup, cubes	0.028
08116	Cereals, MALT-O-MEAL, original, plain, dry	35.0	3.0 tbsp (1 NLEA serving)	0.028
42284	Babyfood, baked product, finger snacks cereal fortified	1.7	1.0 cookie	0.028
11209	Eggplant, raw	82.0	1.0 cup, cubes	0.028
43544	Babyfood, cereal, rice with pears and apple, dry, instant fortified	15.0	1.0 serving	0.028
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	0.028
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	0.028
11726	Beans, snap, green, canned, no salt added, solids and liquids	120.0	0.5 cup	0.028
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	0.028
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	0.028
14424	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.	35.3	1.0 fl oz	0.028
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	0.027
14210	Beverages, coffee, brewed, espresso, restaurant-prepared	29.6	1.0 fl oz	0.027
14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	29.6	1.0 fl oz	0.027

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
14287	Beverages, Lemonade, powder	18.0	1.0 serving	0.027
09217	Orange-grapefruit juice, canned or bottled, unsweetened	247.0	1.0 cup	0.027
09239	Peaches, canned, extra light syrup, solids and liquids	247.0	1.0 cup, halves or slices	0.027
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	0.027
09452	Orange Pineapple Juice Blend	246.0	8.0 fl oz	0.027
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	0.027
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	0.027
11899	Yardlong bean, cooked, boiled, drained, with salt	104.0	1.0 cup slices	0.027
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	0.027
09034	Apricots, dried, sulfured, stewed, with added sugar	270.0	1.0 cup, halves	0.027
11781	Cress, garden, cooked, boiled, drained, with salt	135.0	1.0 cup	0.027
11204	Cress, garden, cooked, boiled, drained, without salt	135.0	1.0 cup	0.027
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	0.027
03189	Babyfood, cereal, oatmeal, dry fortified	3.2	1.0 tbsp	0.027
08511	Cereals, MALT-O-MEAL, original, plain, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	0.027
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	0.027
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	0.027
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	0.027
11537	Tomatoes, red, ripe, canned, with green chilies	241.0	1.0 cup	0.027
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	0.026
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	0.026
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	0.026
11927	Mountain yam, hawaii, cooked, steamed, with salt	145.0	1.0 cup, cubes	0.026
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	0.026
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	0.026
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	0.026
11278	Okra, raw	100.0	1.0 cup	0.026
11722	Beans, snap, yellow, raw	100.0	1.0 cup 1/2" pieces	0.026
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	0.026
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	0.026
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	0.026
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	0.026
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	0.026
11003	Amaranth leaves, raw	28.0	1.0 cup	0.025
43382	Cranberry juice, unsweetened	253.0	1.0 cup	0.025

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	0.025
03286	Babyfood, vegetables, mix vegetables strained	28.35	1.0 oz	0.025
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	0.025
11603	Yambean (jicama), raw	120.0	1.0 cup slices	0.025
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	0.025
19310	Pectin, unsweetened, dry mix	50.0	1.0 package (1.75 oz)	0.025
12205	Seeds, lotus seeds, raw	28.35	1.0 oz	0.025
09292	Plums, dried (prunes), stewed, without added sugar	248.0	1.0 cup, pitted	0.025
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	0.025
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.025
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.025
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	0.025
03224	Babyfood, dessert, cherry vanilla pudding, strained	28.35	1.0 oz	0.025
09326	Watermelon, raw	154.0	1.0 cup, balls	0.025
08488	Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry	35.0	3.0 tbsp (1 NLEA serving)	0.024
03212	Babyfood, cereal, rice, with bananas, dry	2.5	1.0 tbsp	0.024
03112	Babyfood, potatoes, toddler	163.0	1.0 cup	0.024
20003	Arrowroot flour	128.0	1.0 cup	0.024
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	0.024
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	242.0	1.0 cup	0.024
08157	Cereals ready-to-eat, wheat, puffed, fortified	12.0	1.0 cup	0.024
11952	Radicchio, raw	40.0	1.0 cup, shredded	0.024
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	0.024
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	0.024
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	0.024
11734	Beets, cooked, boiled. drained, with salt	85.0	0.5 cup slices	0.024
11201	Cowpeas, leafy tips, raw	36.0	1.0 cup, chopped	0.024
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	0.024
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	260.0	1.0 cup, crushed, sliced, or chunks	0.023
09302	Raspberries, raw	123.0	1.0 cup	0.023
09106	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids	259.0	1.0 cup	0.023
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	0.023
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	0.023



NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
09004	Apples, raw, without skin	110.0	1.0 cup slices	0.023
03211	Babyfood, cereal, high protein, with apple and orange, dry	2.4	1.0 tbsp	0.023
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	0.023
09316	Strawberries, raw	152.0	1.0 cup, halves	0.023
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	0.023
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	0.023
09104	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	252.0	1.0 cup	0.023
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	0.023
42285	Babyfood, cereal, brown rice, dry, instant	3.7	1.0 tbsp	0.023
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	5.0	0.25 cup	0.022
11274	Mustard spinach, (tendergreen), raw	150.0	1.0 cup, chopped	0.022
11880	Taro, shoots, cooked, with salt	140.0	1.0 cup slices	0.022
11523	Taro shoots, cooked, without salt	140.0	1.0 cup slices	0.022
14370	Beverages, tea, instant, lemon, sweetened, powder	23.0	1.0 serving (3 heaping tsp)	0.022
09123	Grapefruit juice, white, canned or bottled, unsweetened	247.0	1.0 cup	0.022
11605	Beets, harvard, canned, solids and liquids	246.0	1.0 cup slices	0.022
12202	Nuts, chestnuts, japanese, raw	28.35	1.0 oz	0.022
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	0.022
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	245.0	1.0 cup	0.022
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	100.0	1.0 cup (1" pieces)	0.022
16422	Soy protein isolate, potassium type	28.35	1.0 oz	0.022
20115	Noodles, japanese, soba, cooked	114.0	1.0 cup	0.022
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	0.022
14153	Beverages, carbonated, pepper-type, contains caffeine	30.7	1.0 fl oz	0.021
03181	Babyfood, cereal, barley, dry fortified	2.4	1.0 tbsp	0.021
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	0.021
11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	0.021
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	0.021
11152	Chicory greens, raw	29.0	1.0 cup, chopped	0.021
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	0.021
11593	Waxgourd, (chinese preserving melon), raw	132.0	1.0 cup, cubes	0.021
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	0.021
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	0.021
14357	Beverages, tea, instant, decaffeinated, lemon, sweetened	23.0	1.0 serving (3 heaping tsp)	0.021
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	0.021

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	0.021
31034	Peppers, hot pickled, canned	34.0	0.25 cup drained	0.021
14371	Beverages, tea, instant, lemon, sweetened, prepared with water	259.0	1.0 cup (8 fl oz)	0.021
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	0.021
18216	Crackers, crispbread, rye	14.2	0.5 oz	0.021
11272	Mustard greens, frozen, unprepared	146.0	1.0 cup, chopped	0.020
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior	28.35	1.0 oz	0.020
44259	Puddings, all flavors except chocolate, low calorie, regular, dry mix	113.0	1.0 serving	0.020
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	0.020
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	78.0	0.5 cup	0.020
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	0.020
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	78.0	0.5 cup	0.020
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	0.020
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	0.020
09042	Blackberries, raw	144.0	1.0 cup	0.020
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	0.020
09379	Plums, canned, heavy syrup, drained	183.0	1.0 cup, with pits, yields	0.020
09374	Pears, canned, heavy syrup, drained	201.0	1.0 cup	0.020
02054	Capers, canned	8.6	1.0 tbsp, drained	0.020
11096	Broccoli raab, raw	40.0	1.0 cup chopped	0.020
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	250.0	1.0 cup	0.020
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	250.0	1.0 cup	0.020
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	0.020
02063	Rosemary, fresh	0.7	1.0 tsp	0.020
09528	Ruby Red grapefruit juice blend (grapefruit, grape, apple), OCEAN SPRAY, bottled, with added vitamin C	248.0	8.0 fl oz	0.020
11161	Collards, raw	36.0	1.0 cup, chopped	0.020
09416	Grapefruit juice, white, bottled, unsweetened, OCEAN SPRAY	247.0	1.0 cup	0.020
43114	Vermicelli, made from soy	140.0	1.0 cup	0.020
11122	Cardoon, raw	178.0	1.0 cup, shredded	0.020
09149	Kumquats, raw	19.0	1.0 fruit without refuse	0.020
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	0.020
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	0.020
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	0.020
11353	Potatoes, russet, flesh and skin, raw	75.0	0.5 cup, diced	0.020
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	0.020

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	0.020
43143	Cabbage, japanese style, fresh, pickled	150.0	1.0 cup	0.020
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	0.019
09160	Lime juice, raw	242.0	1.0 cup	0.019
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	0.019
03185	Babyfood, cereal, mixed, dry fortified	2.5	1.0 tbsp	0.019
09084	Currants, red and white, raw	112.0	1.0 cup	0.019
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	0.019
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	0.019
11457	Spinach, raw	30.0	1.0 cup	0.019
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	0.019
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	0.019
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	0.019
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	0.019
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	0.019
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	0.019
09258	Pears, canned, extra heavy syrup pack, solids and liquids	266.0	1.0 cup, halves	0.019
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	58.0	1.0 cup	0.019
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	0.018
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	0.018
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	0.018
14236	Beverages, coffee substitute, cereal grain beverage, powder	3.0	1.0 tsp (1 serving)	0.018
11276	New Zealand spinach, raw	56.0	1.0 cup, chopped	0.018
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	0.018
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	0.018
02013	Spices, coriander seed	1.8	1.0 tsp	0.018
43536	Babyfood, dessert, peach yogurt	15.0	1.0 tbsp	0.018
11241	Kohlrabi, raw	135.0	1.0 cup	0.018
11753	Cabbage, savoy, cooked, boiled, drained, with salt	145.0	1.0 cup, shredded	0.017
21379	McDONALD'S, Side Salad	87.0	1.0 item 3.1 oz	0.017
11115	Cabbage, savoy, cooked, boiled, drained, without salt	145.0	1.0 cup, shredded	0.017
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	124.0	1.0 cup (1/2" pieces)	0.017
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	247.0	1.0 cup, halves	0.017
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	0.017
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	0.017

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
03293	Babyfood, plums, bananas and rice, strained	28.35	1.0 oz	0.017
42281	Gums, seed gums (includes locust bean, guar)	28.35	1.0 oz	0.017
09035	Apricots, frozen, sweetened	242.0	1.0 cup	0.017
27046	Sauce, duck, ready-to-serve	33.0	2.0 Tbsp	0.017
11271	Mustard greens, cooked, boiled, drained, without salt	140.0	1.0 cup, chopped	0.017
11799	Mustard greens, cooked, boiled, drained, with salt	140.0	1.0 cup, chopped	0.017
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	209.0	1.0 container	0.017
43144	Cabbage, mustard, salted	128.0	1.0 cup	0.017
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	0.017
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	0.017
43007	Babyfood, fruit, tutti frutti, junior	15.0	1.0 tbsp	0.016
03225	Babyfood, dessert, cherry vanilla pudding, junior	28.35	1.0 oz	0.016
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	0.016
27056	Sauce, barbecue, BULL'S-EYE, original	16.0	1.0 tbsp	0.016
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.016
11588	Waterchestnuts, chinese, (matai), raw	62.0	0.5 cup slices	0.016
11566	Turnips, frozen, unprepared	94.0	0.333 package, mashed (10 oz)	0.016
09427	Abiyuch, raw	114.0	0.5 cup	0.016
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	0.016
03163	Babyfood, fruit, bananas with apples and pears, strained	15.0	1.0 tbsp	0.016
19365	Toppings, marshmallow cream	28.35	1.0 oz	0.016
11446	Seaweed, laver, raw	26.0	10.0 sheets	0.016
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	0.016
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	0.016
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	0.016
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	0.016
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	258.0	1.0 cup, whole, without pits	0.015
18226	Crackers, rye, wafers, plain	14.2	0.5 oz	0.015
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	0.015
02016	Spices, dill seed	2.1	1.0 tsp	0.015
11220	Gourd, dishcloth (towelgourd), raw	95.0	1.0 cup (1" pieces)	0.015
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	216.0	1.0 can (6 fl oz)	0.015
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	0.015
11369	Potatoes, microwaved, cooked in skin, skin, without salt	58.0	1.0 skin	0.015
11836	Potatoes, microwaved, cooked, in skin, skin with salt	58.0	1.0 skin	0.015

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
11830	Potatoes, baked, skin only, with salt	58.0	1.0 skin	0.015
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	0.015
04679	Oil, PAM cooking spray, original	0.3	1.0 spray , about 1/3 second (1 NLEA serving)	0.015
09403	Apricot nectar, canned, with added ascorbic acid	251.0	1.0 cup	0.015
09036	Apricot nectar, canned, without added ascorbic acid	251.0	1.0 cup	0.015
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	9.7	1.0 tbsp	0.015
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	0.015
02032	Spices, pepper, white	2.4	1.0 tsp, ground	0.015
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	0.015
11637	Radishes, white icicle, raw	50.0	0.5 cup slices	0.015
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	0.015
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	0.015
14259	Beverages, OCEAN SPRAY, Light Cranberry, Concord Grape	248.0	8.0 fl oz	0.015
03233	Babyfood, dessert, fruit pudding, pineapple, strained	15.0	1.0 tbsp	0.015
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	0.015
09255	Pears, canned, extra light syrup pack, solids and liquids	247.0	1.0 cup, halves	0.015
18087	Cake, angelfood, dry mix	38.0	1.0 serving	0.015
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	0.015
42316	Babyfood, carrots, toddler	28.35	1.0 oz	0.015
16420	Soy protein concentrate, produced by acid wash	28.35	1.0 oz	0.015
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	0.015
09159	Limes, raw	67.0	1.0 fruit (2" dia)	0.015
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	0.015
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	0.015
11233	Kale, raw	16.0	1.0 cup 1" pieces, loosely packed	0.015
09354	Pineapple, canned, juice pack, drained	181.0	1.0 cup, chunks	0.014
11564	Turnips, raw	130.0	1.0 cup, cubes	0.014
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	237.0	1.0 cup	0.014
11202	Cowpeas, leafy tips, cooked, boiled, drained, without salt	53.0	1.0 cup, chopped	0.014
11780	Cowpeas, leafy tips, cooked, boiled, drained, with salt	53.0	1.0 cup, chopped	0.014
03209	Babyfood, crackers, vegetable	0.7	1.0 cracker	0.014
11963	Nopales, raw	86.0	1.0 cup, sliced	0.014
02004	Spices, bay leaf	0.6	1.0 tsp, crumbled	0.014
02006	Spices, cardamom	2.0	1.0 tsp, ground	0.014
19314	Pie fillings, canned, cherry	74.0	0.125 can	0.013

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
11953	Squash, zucchini, baby, raw	16.0	1.0 large	0.013
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	0.013
43006	Babyfood, fruit, tutti frutti, strained	15.0	1.0 tbsp	0.013
02005	Spices, caraway seed	2.1	1.0 tsp	0.013
09101	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids	130.0	0.5 cup	0.013
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	0.013
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	0.013
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	0.013
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.013
09046	Blackberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	0.013
15073	Fish, roughy, orange, raw	85.0	3.0 oz	0.013
11151	Chicory, witloof, raw	53.0	1.0 head	0.013
11796	Lotus root, cooked, boiled, drained, with salt	60.0	0.5 cup	0.013
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	0.013
43529	Babyfood, rice and apples, dry	2.5	1.0 tbsp	0.013
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	25.0	0.25 cup	0.012
09306	Raspberries, frozen, red, sweetened	250.0	1.0 cup, thawed	0.012
03265	Babyfood, juice, apple and grape	31.2	1.0 fl oz	0.012
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	0.012
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	0.012
11975	Grape leaves, canned	4.0	1.0 leaf	0.012
03093	Babyfood, green beans, dices, toddler	28.35	1.0 oz	0.012
11981	Peppers, hungarian, raw	27.0	1.0 pepper	0.012
02002	Spices, anise seed	2.1	1.0 tsp, whole	0.012
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	123.0	0.5 cup	0.012
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	0.012
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	87.0	1.0 cup whole	0.012
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	243.0	1.0 cup	0.012
11213	Endive, raw	25.0	0.5 cup, chopped	0.012
06961	Sauce, peppers, hot, chili, mature red, canned	15.0	1.0 tbsp	0.012
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	0.012
11416	Pumpkin flowers, raw	33.0	1.0 cup	0.012
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	0.012

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
35235	Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	0.012
20027	Cornstarch	128.0	1.0 cup	0.012
11203	Cress, garden, raw	50.0	1.0 cup	0.012
03280	Babyfood, fruit, bananas with tapioca, junior	15.0	1.0 tbsp	0.011
02041	Spices, tarragon, dried	0.6	1.0 tsp, leaves	0.011
11590	Waterchestnuts, chinese, canned, solids and liquids	70.0	0.5 cup slices	0.011
03121	Babyfood, vegetables, peas, strained	16.0	1.0 tbsp	0.011
02037	Spices, saffron	0.7	1.0 tsp	0.011
03172	Babyfood, juice, orange	31.2	1.0 fl oz	0.011
03268	Babyfood, juice, apple and cherry	31.2	1.0 fl oz	0.011
11147	Chard, swiss, raw	36.0	1.0 cup	0.011
43546	Babyfood, banana no tapioca, strained	15.0	1.0 tbsp	0.011
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	0.011
11231	Jute, potherb, raw	28.0	1.0 cup	0.011
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	0.010
09056	Boysenberries, canned, heavy syrup	256.0	1.0 cup	0.010
14241	Beverages, cranberry-grape juice drink, bottled	30.6	1.0 fl oz	0.010
11285	Onions, canned, solids and liquids	63.0	1.0 onion	0.010
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	0.010
09072	Cherries, sweet, canned, juice pack, solids and liquids	250.0	1.0 cup, pitted	0.010
09103	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	249.0	1.0 cup	0.010
03283	Babyfood, vegetables, garden vegetable, strained	28.35	1.0 oz	0.010
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	0.010
14257	Beverages, OCEAN SPRAY, Light Cranberry	248.0	8.0 fl oz	0.010
09232	Passion-fruit juice, purple, raw	247.0	1.0 cup	0.010
11362	Potatoes, raw, skin	38.0	1.0 skin	0.010
02018	Spices, fennel seed	2.0	1.0 tsp, whole	0.010
14542	Lemonade, frozen concentrate, pink	36.4	1.0 fl oz	0.009
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	0.009
03152	Babyfood, fruit, apple and raspberry, strained	28.35	1.0 oz	0.009
31033	Ginger root, pickled, canned, with artificial sweetener	25.0	2.0 tablespoon	0.009
42266	Babyfood, juice, apple-sweet potato	30.8	1.0 fl oz	0.009
09296	Quinces, raw	92.0	1.0 fruit without refuse	0.009
06494	Soup, onion, dry, mix, prepared with water	230.0	1.0 serving 1 cup	0.009
11591	Watercress, raw	34.0	1.0 cup, chopped	0.009

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
14292	Lemonade, frozen concentrate, white	36.5	1.0 fl oz	0.009
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	0.009
03153	Babyfood, fruit, apple and raspberry, junior	28.35	1.0 oz	0.009
19294	Fruit butters, apple	17.0	1.0 tbsp	0.009
02010	Spices, cinnamon, ground	2.6	1.0 tsp	0.009
11964	Nopales, cooked, without salt	149.0	1.0 cup	0.009
11832	Potatoes, boiled, cooked in skin, skin, with salt	34.0	1.0 skin	0.009
11366	Potatoes, boiled, cooked in skin, skin, without salt	34.0	1.0 skin	0.009
09078	Cranberries, raw	110.0	1.0 cup, chopped	0.009
08172	Cereals, farina, unenriched, dry	10.9	1.0 tbsp	0.009
43550	Babyfood, banana apple dessert, strained	15.0	1.0 tbsp	0.009
14548	Beverages, tea, instant, lemon, with added ascorbic acid	23.0	1.0 serving (3 heaping tsp)	0.009
31028	Potatoes, yellow fleshed, hash brown, shredded, salt added in processing, frozen, unprepared	85.0	3.0 oz	0.008
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	0.008
11945	Pickle relish, sweet	15.0	1.0 tbsp	0.008
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	35.0	0.5 cup, shredded	0.008
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	35.0	0.5 cup, shredded	0.008
12203	Nuts, chestnuts, japanese, boiled and steamed	28.35	1.0 oz	0.008
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	8.0	1.0 serving	0.008
02066	Spearmint, dried	0.5	1.0 tsp	0.008
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	0.008
11958	Pickle relish, hamburger	15.0	1.0 tbsp	0.008
06176	Sauce, oyster, ready-to-serve	18.0	1.0 tbsp	0.008
11522	Taro shoots, raw	43.0	0.5 cup slices	0.008
02020	Spices, garlic powder	3.1	1.0 tsp	0.008
09294	Prune juice, canned	256.0	1.0 cup	0.008
06150	Sauce, barbecue	17.0	1.0 tbsp	0.008
11086	Beet greens, raw	38.0	1.0 cup	0.008
20068	Tapioca, pearl, dry	152.0	1.0 cup	0.008
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	0.008
06164	Sauce, salsa, ready-to-serve	36.0	2.0 tbsp	0.008
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	189.0	1.0 cup	0.008
09514	Fruit juice smoothie, BOLTHOUSE FARMS, BERRY BOOST	252.0	1.0 cup	0.008
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	0.008
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	0.007



NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	246.0	1.0 cup, whole, without pits	0.007
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	0.007
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	0.007
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	0.007
16125	Soy sauce made from hydrolyzed vegetable protein	18.0	1.0 tbsp	0.007
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	0.007
14305	Malt beverage, includes non-alcoholic beer	29.6	1.0 fl oz	0.007
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	0.007
02029	Spices, parsley, dried	0.5	1.0 tsp	0.007
14425	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	31.0	1.0 fl oz	0.007
14285	Beverages, OCEAN SPRAY, Ruby Red cranberry	227.0	8.0 fl oz	0.007
03165	Babyfood, fruit, apple and blueberry, junior	28.35	1.0 oz	0.007
03164	Babyfood, fruit, apple and blueberry, strained	28.35	1.0 oz	0.007
19283	Frozen novelties, ice type, pop	52.0	1.0 serving 1.75 fl oz pop	0.007
09165	Litchis, dried	2.5	1.0 fruit	0.007
06094	Soup, onion, dry, mix	7.5	1.0 serving 1 tbsp	0.007
27055	Sauce, barbecue, SWEET BABY RAY'S, original	18.0	1.0 tbsp	0.007
11944	Pickle relish, hot dog	15.0	1.0 tbsp	0.007
03147	Babyfood, fruit, applesauce with banana, junior	16.0	1.0 tbsp	0.006
11563	Tree fern, cooked, without salt	71.0	0.5 cup, chopped	0.006
43535	Babyfood, juice, apple - cherry	31.2	1.0 fl oz	0.006
03267	Babyfood, juice, fruit punch, with calcium	31.2	1.0 fl oz	0.006
14406	Beverages, fruit punch juice drink, frozen concentrate, prepared with water	29.3	1.0 fl oz	0.006
06307	Sauce, barbecue, KRAFT, original	16.0	1.0 tbsp	0.006
16004	Yokan, prepared from adzuki beans and sugar	14.0	1.0 slice	0.006
04367	Salad dressing, french dressing, fat-free	16.0	1.0 tablespoon	0.006
03194	Babyfood, cereal, rice, dry fortified	2.5	1.0 tbsp	0.006
03140	Babyfood, fruit dessert, mango with tapioca	15.0	1.0 tbsp	0.006
09423	Prune puree	36.0	2.0 tbsp	0.006
03166	Babyfood, juice, apple	31.7	1.0 fl oz	0.006
21381	McDONALD'S, Fruit 'n Yogurt Parfait (without granola)	142.0	1.0 item	0.006
03222	Babyfood, cherry cobbler, junior	28.35	1.0 oz	0.006
03115	Babyfood, apples, dices, toddler	28.35	1.0 oz	0.006
03171	Babyfood, juice, apple and prune	31.2	1.0 fl oz	0.006
03168	Babyfood, juice, apple and peach	31.2	1.0 fl oz	0.006

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
03167	Babyfood, apple-banana juice	31.2	1.0 fl oz	0.006
11270	Mustard greens, raw	56.0	1.0 cup, chopped	0.006
11943	Pimento, canned	12.0	1.0 tbsp	0.005
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	15.0	1.0 tbsp	0.005
02026	Spices, onion powder	2.4	1.0 tsp	0.005
03129	Babyfood, fruit, bananas with tapioca, strained	15.0	1.0 tbsp	0.005
11292	Onions, young green, tops only	6.0	1.0 tbsp	0.005
03116	Babyfood, fruit, applesauce, strained	16.0	1.0 tbsp	0.005
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	0.005
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	0.005
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	250.0	1.0 cup	0.005
03174	Babyfood, juice, orange and apple and banana	31.2	1.0 fl oz	0.005
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	0.005
09251	Peach nectar, canned, without added ascorbic acid	249.0	1.0 cup	0.005
09407	Peach nectar, canned, with added ascorbic acid	249.0	1.0 cup	0.005
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	0.005
14258	Beverages, OCEAN SPRAY, White Cranberry Peach	247.0	8.0 fl oz	0.005
19177	Gelatins, dry powder, unsweetened	7.0	1.0 envelope (1 tbsp)	0.005
09525	Cranberry sauce, whole, canned, OCEAN SPRAY	70.0	0.25 cup	0.005
09526	Cranberry sauce, jellied, canned, OCEAN SPRAY	70.0	0.25 cup	0.005
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	0.005
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	0.005
14034	Alcoholic beverage, creme de menthe, 72 proof	33.6	1.0 fl oz	0.005
03179	Babyfood, juice, mixed fruit	31.2	1.0 fl oz	0.005
09023	Apricots, canned, water pack, without skin, solids and liquids	227.0	1.0 cup, whole, without pits	0.005
03161	Babyfood, peaches, dices, toddler	28.35	1.0 oz	0.005
02055	Horseradish, prepared	5.0	1.0 tsp	0.004
43585	Babyfood, fruit supreme dessert	15.0	1.0 tbsp	0.004
03143	Babyfood, fruit, applesauce and apricots, junior	16.0	1.0 tbsp	0.004
11156	Chives, raw	3.0	1.0 tbsp chopped	0.004
11216	Ginger root, raw	2.0	1.0 tsp	0.004
19225	Desserts, rennin, tablets, unsweetened	9.9	1.0 package (0.35 oz)	0.004
09153	Lemon juice from concentrate, canned or bottled	15.0	1.0 tbsp	0.004
09524	Lemon juice from concentrate, bottled, REAL LEMON	15.0	1.0 tbsp	0.004
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	0.004

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	200.0	6.75 fl oz	0.004
14238	Beverages, cranberry-apple juice drink, bottled	30.6	1.0 fl oz	0.004
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	0.004
03142	Babyfood, fruit, applesauce and apricots, strained	16.0	1.0 tbsp	0.004
02049	Thyme, fresh	0.8	1.0 tsp	0.004
18371	Leavening agents, baking powder, low-sodium	5.0	1.0 tsp	0.004
14168	Beverages, Carob-flavor beverage mix, powder	12.0	1.0 tbsp	0.004
19360	Syrups, table blends, pancake, with 2% maple	20.0	1.0 tbsp	0.004
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	0.004
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	0.003
11960	Carrots, baby, raw	15.0	1.0 large	0.003
03175	Babyfood, juice, orange and apricot	31.2	1.0 fl oz	0.003
03130	Babyfood, fruit, peaches, strained	17.0	1.0 tbsp	0.003
03131	Babyfood, fruit, peaches, junior	17.0	1.0 tbsp	0.003
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	0.003
11444	Seaweed, irishmoss, raw	10.0	2.0 tbsp (1/8 cup)	0.003
14024	Beverages, Whiskey sour mix, powder	17.0	1.0 packet	0.003
03104	Babyfood, vegetables, squash, strained	16.0	1.0 tbsp	0.003
03105	Babyfood, vegetables, squash, junior	16.0	1.0 tbsp	0.003
02023	Spices, marjoram, dried	0.6	1.0 tsp	0.003
03177	Babyfood, juice, orange and pineapple	31.2	1.0 fl oz	0.003
14327	Beverages, orange and apricot juice drink, canned	31.2	1.0 fl oz	0.003
03151	Babyfood, fruit, applesauce and pineapple, junior	28.35	1.0 oz	0.003
42267	Babyfood, juice, orange-carrot	30.8	1.0 fl oz	0.003
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	30.1	1.0 fl oz	0.003
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	15.0	1.0 tbsp	0.003
03139	Babyfood, prunes, without vitamin c, strained	15.0	1.0 tbsp	0.003
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	146.0	1.0 cup (1" cubes)	0.003
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	146.0	1.0 cup (1" cubes)	0.003
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	0.003
14242	Cranberry juice cocktail, bottled	31.6	1.0 fl oz	0.003
03150	Babyfood, fruit, applesauce and pineapple, strained	28.35	1.0 oz	0.003
03141	Babyfood, pears, dices, toddler	28.35	1.0 oz	0.003
11237	Kanpyo, (dried gourd strips)	6.3	1.0 strip	0.003
06972	Sauce, tomato chili sauce, bottled, with salt	6.0	1.0 packet	0.003

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
14530	Whiskey sour mix, bottled, with added potassium and sodium	32.3	1.0 fl oz	0.003
14028	Beverages, Whiskey sour mix, bottled	32.3	1.0 fl oz	0.003
09408	Pear nectar, canned, with added ascorbic acid	250.0	1.0 cup	0.002
09262	Pear nectar, canned, without added ascorbic acid	250.0	1.0 cup	0.002
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	0.002
14220	Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled	249.0	8.0 fl oz	0.002
14255	Beverages, OCEAN SPRAY, Cran Pomegranate	248.0	8.0 fl oz	0.002
14233	Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink	248.0	8.0 fl oz	0.002
14256	Beverages, OCEAN SPRAY, Cran Cherry	248.0	8.0 fl oz	0.002
14234	Beverages, OCEAN SPRAY, Cran Lemonade	247.0	8.0 fl oz	0.002
14227	Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink	247.0	8.0 fl oz	0.002
14262	Beverages, citrus fruit juice drink, frozen concentrate	35.2	1.0 fl oz	0.002
06168	Sauce, ready-to-serve, pepper or hot	4.7	1.0 tsp	0.002
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	30.5	1.0 fl oz	0.002
14226	Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice	242.0	8.0 fl oz	0.002
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	0.002
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	0.002
14217	Beverages, OCEAN SPRAY, Cran Grape	240.0	8.0 fl oz	0.002
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	0.002
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0.002
11935	Catsup	17.0	1.0 tbsp	0.002
11949	Catsup, low sodium	17.0	1.0 tbsp	0.002
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237.0	1.0 cup	0.002
14221	Beverages, OCEAN SPRAY, Diet Cranberry Juice	237.0	8.0 fl oz	0.002
14235	Beverages, OCEAN SPRAY, Diet Cran Cherry	237.0	8.0 fl oz	0.002
02017	Spices, dill weed, dried	1.0	1.0 tsp	0.002
09156	Lemon peel, raw	6.0	1.0 tbsp	0.002
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	28.35	1.0 oz	0.002
03169	Babyfood, apple-cranberry juice	31.2	1.0 fl oz	0.002
19137	Toppings, strawberry	42.0	2.0 tbsp	0.002
03159	Babyfood, fruit, pears and pineapple, junior	16.0	1.0 tbsp	0.002
19297	Jams and preserves	20.0	1.0 tbsp	0.002
19719	Jams and preserves, apricot	20.0	1.0 tbsp	0.002
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	0.002
14203	Beverages, coffee, instant, regular, half the caffeine	1.0	1.0 tsp	0.002

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
14214	Beverages, coffee, instant, regular, powder	1.0	1.0 tsp	0.002
14541	Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water	32.7	1.0 fl oz	0.002
09328	Maraschino cherries, canned, drained	5.0	1.0 cherry (NLEA serving)	0.002
06962	Sauce, chili, peppers, hot, immature green, canned	15.0	1.0 tbsp	0.002
03132	Babyfood, fruit, pears, strained	16.0	1.0 tbsp	0.002
14334	Beverages, pineapple and grapefruit juice drink, canned	31.3	1.0 fl oz	0.002
14293	Lemonade, frozen concentrate, white, prepared with water	30.9	1.0 fl oz	0.002
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	30.9	1.0 fl oz	0.002
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0.002
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	30.2	1.0 fl oz	0.002
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	0.002
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0.002
11959	Arugula, raw	2.0	1.0 leaf	0.002
44110	Jellies, reduced sugar, home preserved	19.0	1.0 tbsp	0.002
11677	Shallots, raw	10.0	1.0 tbsp chopped	0.002
15162	Mollusks, clam, mixed species, canned, liquid	85.0	3.0 oz	0.002
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	30.4	1.0 fl oz	0.002
14531	Alcoholic beverage, whiskey sour	30.4	1.0 fl oz	0.002
09216	Orange peel, raw	6.0	1.0 tbsp	0.001
19353	Syrups, maple	20.0	1.0 tbsp	0.001
14222	Beverages, coffee, instant, with chicory	1.8	1.0 tsp, rounded	0.001
19163	Chewing gum	3.0	1.0 stick	0.001
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0.001
11615	Chives, freeze-dried	0.2	1.0 tbsp	0.001
43060	Chewing gum, sugarless	2.0	1.0 piece	0.001
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	0.001
03158	Babyfood, fruit, pears and pineapple, strained	16.0	1.0 tbsp	0.001
44203	Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	36.0	1.0 fl oz	0.001
19340	Sugars, maple	3.0	1.0 tsp	0.001
19300	Jellies	21.0	1.0 serving 1 tbsp	0.001
14268	Beverages, Fruit punch drink, frozen concentrate	34.8	1.0 fl oz	0.001
02044	Basil, fresh	2.5	5.0 leaves	0.001
02008	Spices, chervil, dried	0.6	1.0 tsp	0.001
11950	Mushrooms, enoki, raw	5.0	1.0 large	0.001
03133	Babyfood, fruit, pears, junior	16.0	1.0 tbsp	0.001

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	29.4	1.0 fl oz	0.001
11640	Shallots, freeze-dried	0.9	1.0 tbsp	0.001
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	0.001
02012	Spices, coriander leaf, dried	0.6	1.0 tsp	0.001
14368	Beverages, tea, instant, lemon, unsweetened	1.4	1.0 tsp, rounded	0.001
14323	Beverages, orange drink, canned, with added vitamin C	31.0	1.0 fl oz	0.001
14263	Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	31.0	1.0 fl oz	0.001
11442	Seaweed, agar, raw	10.0	2.0 tbsp (1/8 cup)	0.001
02045	Dill weed, fresh	1.0	5.0 sprigs	0.001
14215	Beverages, coffee, instant, regular, prepared with water	29.8	1.0 fl oz	0.001
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.001
14381	Beverages, tea, herb, other than chamomile, brewed	29.6	1.0 fl oz	0.001
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.001
14544	Beverages, tea, black, brewed, prepared with distilled water	29.6	1.0 fl oz	0.001
14545	Beverages, tea, herb, brewed, chamomile	29.6	1.0 fl oz	0.001
14209	Beverages, coffee, brewed, prepared with tap water	29.6	1.0 fl oz	0.001
14355	Beverages, tea, black, brewed, prepared with tap water	29.6	1.0 fl oz	0.001
02065	Spearmint, fresh	0.3	2.0 leaves	0.001
11165	Coriander (cilantro) leaves, raw	4.0	0.25 cup	0.001
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	0.2	1.0 tbsp	0.001
06179	Sauce, fish, ready-to-serve	18.0	1.0 tbsp	0.001
02050	Vanilla extract	4.2	1.0 tsp	0.000
14427	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	31.3	1.0 fl oz	0.000
14269	Beverages, Fruit punch drink, frozen concentrate, prepared with water	30.9	1.0 fl oz	0.000
14219	Beverages, coffee, instant, decaffeinated, prepared with water	29.9	1.0 fl oz	0.000
14223	Beverages, coffee, instant, chicory	29.9	1.0 fl oz	0.000
02064	Peppermint, fresh	0.1	2.0 leaves	0.000
43345	Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	2.0	1.0 tsp	0.000
14051	Alcoholic beverage, distilled, vodka, 80 proof	27.8	1.0 fl oz	0.000
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	170.0	1.0 container (6 oz)	0.000
14341	Beverages, pineapple and orange juice drink, canned	31.3	1.0 fl oz	0.000
28320	English muffins, whole grain white	57.0	1.0 muffin 1 serving	0.000
14155	Beverages, carbonated, tonic water	30.5	1.0 fl oz	0.000
14264	Beverages, fruit punch drink, without added nutrients, canned	210.0	6.75 fl oz	0.000
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	27.8	1.0 fl oz	0.000

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
06328	Gravy, FRANCO-AMERICAN, chicken, slow roast, fat free	59.0	0.25 cup	0.000
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	0.000
19720	Syrups, table blends, pancake, with 2% maple, with added potassium	315.0	1.0 cup	0.000
06091	CAMPBELL'S Red and White, Beef Broth, condensed	124.0	1.0 serving 1/2 cup	0.000
14179	Beverages, coffee, ready to drink, milk based, sweetened	262.0	1.0 cup	0.000
16258	SILK Key Lime soy yogurt	170.0	1.0 container	0.000
01265	Cheese, cheddar, nonfat or fat free	28.0	1.0 serving	0.000
06588	CAMPBELL'S Soup on the Go, Classic Tomato Soup	305.0	1.0 container	0.000
19350	Syrups, corn, light	341.0	1.0 cup	0.000
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	247.0	8.0 fl oz	0.000
14246	Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified with vitamin C	4.5	2.0 tbsp	0.000
01173	Egg, white, dried	28.0	1.0 oz	0.000
43216	Sweeteners, tabletop, fructose, dry, powder	196.0	1.0 cup	0.000
19919	Candies, fruit snacks, with high vitamin C	44.0	1.0 serving	0.000
06604	PACE, Red Taco Sauce	16.0	1.0 tbsp	0.000
28317	Bread, wheat, sprouted, toasted	38.0	1.0 slice 1 serving	0.000
14151	Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	29.6	1.0 fl oz	0.000
19873	Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops	55.0	1.0 serving 1.75 fl oz pop	0.000
31016	CAMPBELL'S, V8 60% Vegetable Juice, V8 V-Lite	243.0	8.0 fl oz	0.000
14261	Beverages, tea, green, ready to drink, unsweetened	473.0	16.0 fl oz	0.000
16239	SILK Light Vanilla, soymilk	243.0	1.0 cup	0.000
14065	Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch	200.0	6.75 fl oz	0.000
08546	Rice and Wheat cereal bar	22.0	1.0 bar	0.000
43408	Babyfood, juice, pear	31.2	1.0 fl oz	0.000
14173	Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened	281.0	9.5 fl oz	0.000
19106	Candies, gumdrops, starch jelly pieces	182.0	1.0 cup gumdrops	0.000
16255	SILK Peach soy yogurt	170.0	1.0 container	0.000
14552	Carbonated beverage, chocolate-flavored soda	31.0	1.0 fl oz	0.000
06585	CAMPBELL'S Soup on the Go, Vegetable with Mini Round Noodles Soup	305.0	1.0 container	0.000
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	35.0	2.0 tbsp	0.000
14095	Beverages, MINUTE MAID, Lemonada, Limeade	240.0	8.0 fl oz	0.000
42304	Cheese, mozzarella, nonfat	113.0	1.0 cup, shredded	0.000
14628	Beverages, Energy drink, AMP, sugar free	240.0	8.0 fl oz	0.000
06600	PACE, Green Taco Sauce	16.0	1.0 serving	0.000
19364	Toppings, butterscotch or caramel	41.0	2.0 tbsp	0.000

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
14148	Beverages, carbonated, cola, regular	30.7	1.0 fl oz	0.000
19867	Ice creams, vanilla, fat free	67.0	0.5 cup	0.000
31013	CAMPBELL'S, V8 Vegetable Juice, Spicy Hot V8	243.0	8.0 fl oz	0.000
03024	Babyfood, water, bottled, GERBER, without added fluoride.	113.0	1.0 serving	0.000
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	29.6	1.0 fl oz	0.000
43404	Beverages, cranberry-apple juice drink, low calorie, with vitamin C added	240.0	1.0 cup (8 fl oz)	0.000
02047	Salt, table	6.0	1.0 tsp	0.000
06322	Gravy, CAMPBELL'S, mushroom	59.0	0.25 cup	0.000
14367	Beverages, tea, instant, unsweetened, prepared with water	29.7	1.0 fl oz	0.000
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	9.0	1.0 tbsp	0.000
14021	Beverages, Energy drink, Citrus	240.0	8.0 fl oz	0.000
14281	Beverages, tea, black, ready to drink, decaffeinated	240.0	1.0 cup	0.000
18966	Crackers, saltines, whole wheat (includes multi-grain)	14.0	1.0 serving	0.000
06580	CAMPBELL'S Homestyle Vegetable Medley Soup	245.0	1.0 cup	0.000
02075	Seasoning mix, dry, taco, original	5.7	2.0 tsp	0.000
19336	Sugars, powdered	120.0	1.0 cup unsifted	0.000
14091	Beverages, almond milk, unsweetened, shelf stable	262.0	1.0 cup	0.000
14239	Alcoholic beverage, malt beer, hard lemonade	335.0	11.2 fl oz	0.000
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	29.6	1.0 fl oz	0.000
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	40.0	1.41 oz dry (half noodle block)	0.000
19296	Honey	339.0	1.0 cup	0.000
43155	Alcoholic beverage, wine, light	29.5	1.0 fl oz	0.000
14625	Beverages, Energy drink, AMP	240.0	1.0 serving	0.000
19912	Sweetener, syrup, agave	6.9	1.0 tsp	0.000
06597	PACE, Chipotle Chunky Salsa	32.0	1.0 serving	0.000
14145	Beverages, carbonated, SPRITE, lemon-lime, without caffeine	30.8	1.0 fl oz	0.000
06213	CAMPBELL'S Red and White, 25% Less Sodium Tomato Soup, condensed	124.0	1.0 serving 1/2 cup	0.000
31010	CAMPBELL'S, V8 Vegetable Juice, Essential Antioxidants V8	243.0	8.0 oz	0.000
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	0.000
14450	Beverages, drink mix, QUAKER OATS, GATORADE, orange flavor, powder	23.0	1.0 scoop powder	0.000
19173	Gelatin desserts, dry mix, prepared with water	135.0	0.5 cup	0.000
14356	Beverages, tea, instant, decaffeinated, lemon, diet	1.6	2.0 tsp	0.000
14644	Beverages, PEPSICO QUAKER, Gatorade G2, low calorie	237.0	8.0 fl oz	0.000
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	15.0	1.0 tbsp	0.000
28327	Crackers, water biscuits	14.0	4.0 cracker 1 serving	0.000



NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
14165	Beverages, carbonated, limeade, high caffeine	253.0	1.0 cup	0.000
14647	Beverages, Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium	240.0	8.0 fl oz	0.000
14278	Beverages, tea, green, brewed, regular	245.0	1.0 cup	0.000
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	0.000
02069	Vinegar, balsamic	16.0	1.0 tbsp	0.000
14087	Beverages, V8 SPLASH Smoothies, Strawberry Banana	245.0	1.0 serving 8 oz	0.000
16203	PACE, Salsa Refried Beans	120.0	0.5 cup	0.000
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	27.8	1.0 fl oz	0.000
14411	Beverages, water, tap, drinking	29.6	1.0 fl oz	0.000
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	0.000
14189	Beverages, The COCA-COLA company, Minute Maid, Lemonade	240.0	8.0 fl oz	0.000
19018	Fruit syrup	334.0	1.0 cup	0.000
18373	Leavening agents, cream of tartar	3.0	1.0 tsp	0.000
19355	Syrups, sorghum	330.0	1.0 cup	0.000
14142	Beverages, carbonated, grape soda	31.0	1.0 fl oz	0.000
06996	Gravy, CAMPBELL'S, au jus	59.0	0.25 cup	0.000
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	15.0	1.0 tbsp	0.000
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	16.0	1.0 tbsp	0.000
31006	CAMPBELL'S, Organic Tomato juice	243.0	8.0 fl oz	0.000
14251	Alcoholic beverages, beer, higher alcohol	30.6	1.0 fl oz	0.000
14056	Beverages, Acai berry drink, fortified	266.0	8.0 fl oz	0.000
14430	Cranberry juice cocktail, frozen concentrate	36.2	1.0 fl oz	0.000
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	0.000
14206	Beverages, tea, green, ready-to-drink, sweetened	270.0	1.0 cup	0.000
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.000
14639	Beverages, rice milk, unsweetened	240.0	8.0 fl oz (approximate weight, 1 serving)	0.000
03228	Babyfood, dessert, peach cobbler, junior	15.0	1.0 tbsp	0.000
19247	Frostings, white, fluffy, dry mix, prepared with water	315.0	1.0 package yields	0.000
14009	Alcoholic beverage, daiquiri, canned	30.5	1.0 fl oz	0.000
01187	Yogurt, chocolate, nonfat milk	170.0	1.0 container (6 oz)	0.000
06619	SMART SOUP, Santa Fe Corn Chowder	283.0	10.0 oz 1 pouch	0.000
28324	Pancakes, whole wheat, dry mix, incomplete	38.0	0.25 cup mix 1 serving	0.000
14162	Beverages, Apple juice drink, light, fortified with vitamin C	240.0	8.0 fl oz	0.000
16246	SILK Nog, soymilk	122.0	0.5 cup	0.000
14407	Beverages, orange-flavor drink, breakfast type, powder	26.0	1.0 serving 2 tbsp	0.000

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
27028	PACE, Salsa Verde	32.0	1.0 serving	0.000
06112	Sauce, teriyaki, ready-to-serve	18.0	1.0 tbsp	0.000
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	265.0	1.0 cup	0.000
19281	Frozen novelties, ice type, italian, restaurant-prepared	29.0	1.0 fl oz	0.000
01061	Cheese, American, nonfat or fat free	19.0	1.0 serving	0.000
19113	Syrups, table blends, pancake, with butter	73.0	1.0 serving 1/4 cup	0.000
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1.0 tsp	0.000
16262	SILK Hazelnut Creamer	15.0	1.0 tbsp	0.000
14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	29.6	1.0 fl oz	0.000
31001	CAMPBELL'S, Tomato juice	243.0	8.0 fl oz	0.000
14247	Beverages, tea, black, ready to drink	473.0	16.0 fl oz	0.000
14052	Alcoholic beverage, distilled, whiskey, 86 proof	27.8	1.0 fl oz	0.000
27050	Sauce, sweet and sour, ready-to-serve	35.0	2.0 Tbsp	0.000
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	246.0	1.0 serving 8 oz	0.000
14156	Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	250.0	1.0 serving 8.3 fl oz can	0.000
14267	Beverages, Fruit punch drink, with added nutrients, canned	31.0	1.0 fl oz	0.000
01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	0.000
14073	Beverages, ZEVIA, cola	355.0	1.0 can	0.000
43058	Candies, hard, dietetic or low calorie (sorbitol)	3.0	1.0 piece	0.000
14076	Beverages, ICELANDIC, Glacial Natural spring water	100.0	1.0 serving	0.000
06329	Gravy, FRANCO-AMERICAN, beef, slow roast	59.0	0.25 cup	0.000
42270	Beverages, Orange juice drink	249.0	1.0 cup	0.000
14030	Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12	480.0	16.0 fl oz	0.000
14400	Beverages, carbonated, cola, fast-food cola	258.0	1.0 serving child 12 fl oz, without ice	0.000
14180	Beverages, coffee, brewed, breakfast blend	248.0	1.0 cup	0.000
16259	SILK Banana-Strawberry soy yogurt	170.0	1.0 container	0.000
01266	Cheese, Swiss, nonfat or fat free	28.0	1.0 serving	0.000
19351	Syrups, corn, high-fructose	310.0	1.0 cup	0.000
28305	Pancakes, plain, reduced fat	105.0	1.0 serving 3 pancakes	0.000
14121	Beverages, carbonated, club soda	29.6	1.0 fl oz	0.000
06992	HEALTHY REQUEST, Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	0.000
27047	Sauce, salsa, verde, ready-to-serve	30.0	2.0 Tbsp	0.000
19030	Syrup, fruit flavored	20.0	1.0 serving	0.000

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
19235	Puddings, chocolate, ready-to-eat, fat free	113.0	1.0 serving 4 oz	0.000
19924	Syrup, NESTLE, chocolate	20.0	1.0 tablespoon	0.000
06605	PACE, Thick & Chunky Salsa	32.0	1.0 serving	0.000
28318	Bread, french or vienna, whole wheat	48.0	1.0 slice 1 serving	0.000
06220	PREGO Pasta, Chunky Garden Mushroom and Green Pepper Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	0.000
31017	CAMPBELL'S, V8 Vegetable Juice, Low Sodium Spicy Hot	243.0	8.0 fl oz	0.000
06377	CAMPBELL'S, Tomato Soup, condensed	124.0	0.5 cup condensed	0.000
16240	SILK Light Chocolate, soymilk	243.0	1.0 cup	0.000
02052	Vanilla extract, imitation, no alcohol	4.2	1.0 tsp	0.000
19263	Frozen novelties, fruit and juice bars	77.0	1.0 bar (2.5 fl oz)	0.000
14026	Beverages, THE COCA-COLA COMPANY, NOS Zero, energy drink, sugar-free with guarana, fortified with vitamins B6 and B12	480.0	16.0 fl oz	0.000
14384	Beverages, water, bottled, PERRIER	29.6	1.0 fl oz	0.000
14174	Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C	240.0	8.0 fl oz	0.000
06237	PREGO Pasta, Heart Smart- Roasted Red Pepper and Garlic Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	0.000
14288	Lemonade, powder, prepared with water	33.0	1.0 fl oz	0.000
19107	Candies, hard	28.35	1.0 oz	0.000
16256	SILK Black Cherry soy yogurt	170.0	1.0 container	0.000
14553	Beverages, Wine, non-alcoholic	29.0	1.0 fl oz	0.000
28302	Cookies, graham crackers, plain or honey, lowfat	35.0	1.0 serving	0.000
14096	Alcoholic beverage, wine, table, red	29.4	1.0 fl oz	0.000
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	29.6	1.0 fl oz	0.000
14049	Alcoholic beverage, distilled, gin, 90 proof	27.8	1.0 fl oz	0.000
14629	Beverages, Energy drink, ROCKSTAR	31.0	1.0 fl oz	0.000
06601	PACE, Lime & Garlic Chunky Salsa	32.0	1.0 serving	0.000
08709	Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS	55.0	1.0 cup (1 NLEA serving)	0.000
28315	Bread, cinnamon	28.0	1.0 slice 1 serving	0.000
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	29.6	1.0 fl oz	0.000
19868	Sweeteners, tabletop, sucralose, SLENDA packets	1.0	1.0 serving 1 packet	0.000
31014	PACE, Jalapenos Nacho Sliced Peppers	30.0	1.0 oz	0.000
42040	Syrups, grenadine	20.0	1.0 tbsp	0.000
06373	CAMPBELL'S Red and White, Vegetarian Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	0.000
43026	Syrups, sugar free	240.0	1.0 cup	0.000
14475	Beverages, ARIZONA, tea, ready-to-drink, lemon	30.6	1.0 fl oz	0.000
06504	CAMPBELL'S Red and White - Microwaveable Bowls, Tomato Soup	245.0	1.0 cup	0.000

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	0.000
14216	Beverages, aloe vera juice drink, fortified with Vitamin C	240.0	8.0 fl oz	0.000
02048	Vinegar, cider	14.9	1.0 tbsp	0.000
06323	Gravy, CAMPBELL'S, turkey, fat free	60.0	0.25 cup	0.000
32029	Rice mix, white and wild, flavored, unprepared	57.0	2.0 oz (1/4 c dry rice mix and 4 tsp seasoning mix)	0.000
14022	Beverages, MONSTER energy drink, low carb	240.0	8.0 fl oz	0.000
14375	Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	1.6	2.0 tsp	0.000
14654	Beverages, nutritional shake mix, high protein, powder	10.0	1.0 tbsp	0.000
14282	Beverages, grape juice drink, canned	31.3	1.0 fl oz	0.000
90480	Syrup, Cane	21.0	1.0 serving	0.000
08348	Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	33.0	1.25 cup (1 NLEA serving)	0.000
16253	SILK Strawberry soy yogurt	170.0	1.0 container	0.000
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	27.8	1.0 fl oz	0.000
02076	Seasoning mix, dry, chili, original	9.0	1.33 tbsp	0.000
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	3.5	1.0 tsp	0.000
14092	Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E	240.0	1.0 cup	0.000
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	36.0	2.0 Tbsp	0.000
03144	Babyfood, fruit, applesauce and cherries, strained	28.35	1.0 oz	0.000
14240	Beverages, cranberry-apricot juice drink, bottled	30.6	1.0 fl oz	0.000
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	0.000
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	27.0	0.75 cup (1 NLEA serving)	0.000
43158	Sweeteners, tabletop, saccharin (sodium saccharin)	1.0	1.0 serving 1 packet	0.000
14626	Beverages, Energy drink, FULL THROTTLE	240.0	1.0 serving 8 fluid oz	0.000
06598	PACE, Cilantro Chunky Salsa	32.0	1.0 serving	0.000
19362	Syrups, table blends, corn, refiner, and sugar	316.0	1.0 cup	0.000
14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	29.6	1.0 fl oz	0.000
31011	CAMPBELL'S, V8 Vegetable Juice, Calcium Enriched V8	243.0	8.0 fl oz	0.000
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	0.000
14060	Beverages, Energy Drink with carbonated water and high fructose corn syrup	240.0	8.0 fl oz	0.000
43019	Salad dressing, sweet and sour	16.0	1.0 tbsp	0.000
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	30.5	1.0 fl oz	0.000
19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	6.4	1.0 serving	0.000
14211	Beverages, tea, black, ready-to-drink, lemon, diet	265.0	1.0 cup	0.000
06320	Gravy, CAMPBELL'S, chicken, fat free	59.0	0.25 cup	0.000
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	85.0	1.0 package (3 oz)	0.000

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	240.0	8.0 fl oz	0.000
14166	Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	29.6	1.0 fl oz	0.000
14648	Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	237.0	8.0 fl oz	0.000
09510	Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E	250.0	1.0 cup	0.000
14279	Beverages, tea, black, ready-to-drink, peach, diet	268.0	1.0 cup	0.000
02073	PACE, Dry Taco Seasoning Mix	5.3	2.0 tbsp (1 serving)	0.000
19334	Sugars, brown	3.0	1.0 tsp unpacked	0.000
14088	Beverages, V8 SPLASH Smoothies, Tropical Colada	246.0	1.0 serving 8 oz	0.000
16204	PACE, Spicy Jalapeno Refried Beans	120.0	0.5 cup	0.000
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	250.0	1.0 can	0.000
27033	PREGO Pasta, Heart Smart- Traditional Sauce, ready-to-serve	130.0	0.5 cup	0.000
14190	Beverages, tea, green, ready-to-drink, diet	269.0	1.0 cup	0.000
14143	Beverages, carbonated, low calorie, other than cola or pepper, without caffeine	29.6	1.0 fl oz	0.000
31007	HEALTHY REQUEST Tomato juice	243.0	8.0 fl oz	0.000
14252	Beverages, Malt liquor beverage	1184.0	1.0 bottle	0.000
14057	Alcoholic beverage, wine, dessert, sweet	29.5	1.0 fl oz	0.000
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	29.6	1.0 fl oz	0.000
19171	Cocoa, dry powder, unsweetened, HERSHEY'S European Style Cocoa	5.0	1.0 tbsp	0.000
14207	Beverages, tea, ready-to-drink, lemon, diet	266.0	1.0 cup	0.000
06317	Gravy, CAMPBELL'S, beef, fat free	59.0	0.25 cup	0.000
14353	Beverages, tea, instant, decaffeinated, unsweetened	0.7	1.0 serving 2 tsp	0.000
03117	Babyfood, fruit, applesauce, junior	16.0	1.0 tbsp	0.000
14640	Beverages, Energy drink, VAULT, citrus flavor	31.0	1.0 oz	0.000
06620	SMART SOUP, French Lentil	283.0	10.0 oz 1 pouch	0.000
14645	Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C	238.0	1.0 cup (8 fl oz)	0.000
14276	Beverages, Tropical Punch, ready-to-drink	210.0	1.0 NLEA Serving	0.000
43098	Pie fillings, cherry, low calorie	85.0	1.0 serving	0.000
14084	Alcoholic beverage, wine, table, all	148.0	1.0 serving (5 fl oz)	0.000
14035	Beverages, ABBOTT, EAS soy protein powder	44.0	1.0 scoop	0.000
14408	Beverages, orange-flavor drink, breakfast type, powder, prepared with water	33.9	1.0 fl oz	0.000
27029	PACE, Tequila Lime Salsa	32.0	1.0 serving	0.000
14187	Beverages, Clam and tomato juice, canned	30.2	1.0 fl oz	0.000
14309	Beverages, OVALTINE, Classic Malt powder	21.0	1.0 serving (4 tbsp or 1 envelope)	0.000
08370	Cereals ready-to-eat, GENERAL MILLS, RICE CRUNCHINS	21.0	1.0 bowl (3/4 cup) (1 NLEA serving)	0.000
14605	Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	237.0	8.0 fl oz (1 NLEA serving)	0.000

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
31002	CAMPBELL'S, Tomato juice, low sodium	243.0	8.0 fl oz	0.000
14248	Alcoholic beverage, beer, light, higher alcohol	356.0	12.0 fl oz	0.000
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	0.000
27051	Sauce, cocktail, ready-to-serve	60.0	0.25 cup	0.000
14350	Strawberry-flavor beverage mix, powder	22.0	1.0 serving (2-3 heaping tsp)	0.000
19128	Syrups, table blends, pancake, reduced-calorie	73.0	1.0 serving 1/4 cup	0.000
01180	Sour cream, fat free	12.0	1.0 tablespoon	0.000
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	0.000
44018	Sweeteners, tabletop, fructose, liquid	0.1	1.0 serving	0.000
28322	Bagels, multigrain	81.0	1.0 piece bagel	0.000
14157	Beverages, carbonated, root beer	30.8	1.0 fl oz	0.000
01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	0.000
14074	Beverages, ZEVIA, cola, caffeine free	355.0	1.0 can	0.000
14536	Alcoholic beverage, wine, dessert, dry	29.5	1.0 fl oz	0.000
01243	Fat free ice cream, no sugar added, flavors other than chocolate	68.0	0.5 cup	0.000
06544	CAMPBELL'S Homestyle Minestrone Soup	245.0	1.0 cup	0.000
08683	Cereals ready-to-eat, CASCADIAN FARM, Multi-Grain Squares	53.0	1.0 cup (1 NLEA serving)	0.000
14079	Beverages, yellow green colored citrus soft drink with caffeine	473.0	16.0 fl oz	0.000
06330	Gravy, FRANCO-AMERICAN, chicken, slow roast	59.0	0.25 cup	0.000
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0.000
14031	Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories	240.0	8.0 fl oz	0.000
27023	CAMPBELL'S Soup on the Go, HEALTHY REQUEST Classic Tomato Soup	305.0	1.0 container	0.000
06097	CAMPBELL'S Red and White, Beef Consomme, condensed	124.0	1.0 serving 1/2 cup	0.000
14297	Beverages, lemonade-flavor drink, powder, prepared with water	31.8	1.0 fl oz	0.000
16260	SILK Original Creamer	15.0	1.0 tbsp	0.000
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	237.0	8.0 fl oz	0.000
19352	Syrups, malt	332.0	1.0 cup	0.000
14130	Carbonated beverage, cream soda	30.9	1.0 fl oz	0.000
06994	PREGO Pasta, Chunky Garden Combination Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	0.000
14050	Alcoholic beverage, distilled, rum, 80 proof	27.8	1.0 fl oz	0.000
27048	Sauce, steak, tomato based	34.0	2.0 Tbsp	0.000
14199	Beverages, tea, black, ready-to-drink, lemon, sweetened	271.0	1.0 cup	0.000
19303	Marmalade, orange	20.0	1.0 tbsp	0.000
06932	PREGO Pasta, Traditional Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	0.000
14633	Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	238.0	1.0 serving	0.000

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
01295	Yogurt, vanilla, non-fat	245.0	1.0 cup (8 fl oz)	0.000
06609	SWANSON BROTH, Certified Organic Vegetable Broth	235.0	1.0 cup	0.000
06057	CAMPBELL'S Red and White, Chicken Broth, condensed	124.0	1.0 serving 1/2 cup	0.000
28319	Bagels, whole grain white	43.0	0.5 piece bagel 1 serving	0.000
14154	Beverages, Energy drink, RED BULL	258.0	1.0 can 8.4 fl oz	0.000
31018	CAMPBELL'S, V8 Vegetable Juice, High Fiber V8	243.0	8.0 fl oz	0.000
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	27.8	1.0 fl oz	0.000
02053	Vinegar, distilled	14.9	1.0 tbsp	0.000
06327	Gravy, FRANCO-AMERICAN, beef, slow roast, fat free	59.0	0.25 cup	0.000
06971	Sauce, worcestershire	17.0	1.0 tbsp	0.000
03279	Babyfood, dinner, mixed vegetable, junior	99.0	1.0 serving	0.000
14385	Beverages, water, bottled, POLAND SPRING	29.6	1.0 fl oz	0.000
06239	PREGO Pasta, Tomato, Basil and Garlic Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	0.000
19108	Candies, jellybeans	11.0	10.0 small	0.000
06032	Soup, beef broth bouillon and consomme, canned, condensed	124.0	0.5 cup	0.000
16257	SILK Blueberry soy yogurt	170.0	1.0 container	0.000
14555	Water, bottled, generic	29.6	1.0 fl oz	0.000
19349	Syrups, corn, dark	328.0	1.0 cup	0.000
14106	Alcoholic beverage, wine, table, white	29.4	1.0 fl oz	0.000
06990	HEALTHY REQUEST, Minestrone Soup, condensed	120.0	1.0 serving 1/2 cup	0.000
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	0.000
14630	Beverages, Energy drink, ROCKSTAR, sugar free	240.0	8.0 fl oz	0.000
19233	Puddings, vanilla, ready-to-eat, fat free	99.0	1.0 serving 3.5 oz shelf stable	0.000
19918	Sweetener, herbal extract powder from Stevia leaf	1.0	1.0 package	0.000
06602	PACE, Organic Picante Sauce	32.0	1.0 serving	0.000
28316	Bread, wheat, sprouted	38.0	1.0 slice 1 serving	0.000
14150	Beverages, carbonated, orange	31.0	1.0 fl oz	0.000
31015	PACE, Diced Green Chilies	30.0	2.0 tbsp	0.000
42055	Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame	8.0	1.0 tsp	0.000
14260	Beverages, tea, green, brewed, decaffeinated	240.0	240.0 ml	0.000
16238	SILK Light Plain, soymilk	243.0	1.0 cup	0.000
14064	Beverages, Orange juice, light, No pulp	240.0	8.0 fl oz	0.000
43027	Jellies, no sugar (with sodium saccharin), any flavors	300.0	1.0 cup	0.000
14476	Beverages, LIPTON BRISK, tea, black, ready-to-drink, lemon	30.6	1.0 fl oz	0.000
03170	Babyfood, juice, apple and plum	31.2	1.0 fl oz	0.000

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
43406	Yeast extract spread	6.0	1.0 tsp	0.000
03128	Babyfood, fruit, apricot with tapioca, junior	15.0	1.0 tbsp	0.000
14376	Beverages, tea, instant, lemon, diet	29.8	1.0 fl oz	0.000
06235	P REGO Pasta, Roasted Garlic and Herb Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	0.000
16254	SILK Raspberry soy yogurt	170.0	1.0 container	0.000
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	27.8	1.0 fl oz	0.000
09110	Goji berries, dried	28.0	5.0 tbsp	0.000
43514	Frozen novelties, ice type, pop, with low calorie sweetener	55.0	1.0 serving 1.75 fl oz pop	0.000
03001	Babyfood, juice treats, fruit medley, toddler	28.0	1.0 packet	0.000
14093	Beverages, The COCA-COLA company, Glaceau Vitamin Water, Revive Fruit Punch, fortified	591.0	20.0 fl oz	0.000
18971	Bread, potato	32.0	1.0 slice	0.000
03145	Babyfood, fruit, applesauce and cherries, junior	28.35	1.0 oz	0.000
22979	KASHI Black Bean Mango, frozen, unprepared	283.0	1.0 entree	0.000
14627	Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12	240.0	1.0 serving	0.000
32011	Yellow rice with seasoning, dry packet mix, unprepared	57.0	1.0 serving (2 oz)	0.000
06599	PACE, Enchilada Sauce	60.0	0.25 cup	0.000
14147	Beverages, carbonated, cola, without caffeine	30.7	1.0 fl oz	0.000
31012	CAMPBELL'S, V8 Vegetable Juice, Low Sodium V8	243.0	8.0 fl oz	0.000
14061	Beverages, Energy Drink, sugar free	240.0	8.0 fl oz	0.000
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117.0	0.5 cup	0.000
14366	Beverages, tea, instant, unsweetened, powder	0.7	1.0 serving 1 tsp	0.000
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	9.0	1.0 tbsp	0.000
14167	Beverages, POWERADE, Zero, Mixed Berry	360.0	12.0 fl oz	0.000
14649	Beverages, tea, hibiscus, brewed	237.0	8.0 fl oz	0.000
09511	Fruit juice smoothie, NAKED JUICE, BLUE MACHINE	240.0	8.0 fl oz	0.000
14280	Beverages, tea, black, ready to drink, decaffeinated, diet	240.0	1.0 cup	0.000
16251	SILK Vanilla soy yogurt (single serving size)	170.0	1.0 container	0.000
02074	Seasoning mix, dry, azon, coriander & annatto	1.0	0.25 tsp	0.000
19335	Sugars, granulated	2.8	1.0 serving packet	0.000
14090	Beverages, Coconut water, ready-to-drink, unsweetened	245.0	1.0 cup	0.000
06984	Soup, SWANSON Chicken Broth 99% Fat Free	227.0	1.0 serving 1 cup 8 oz	0.000
18968	Bagels, wheat	98.0	1.0 bagel	0.000
06183	Soup, chicken broth, less/reduced sodium, ready to serve	240.0	1.0 cup	0.000
14191	Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C	265.0	1.0 cup	0.000



NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
14315	Beverages, OVALTINE, chocolate malt powder	78.0	1.0 cup	0.000
14144	Beverages, carbonated, lemon-lime soda, no caffeine	30.8	1.0 fl oz	0.000
06998	Gravy, CAMPBELL'S, brown with onions	59.0	0.25 cup	0.000
31008	CAMPBELL'S, V8 100% Vegetable Juice	243.0	8.0 fl oz	0.000
14253	Alcoholic beverages, wine, rose	30.3	1.0 fl oz	0.000
01124	Egg, white, raw, fresh	33.0	1.0 large	0.000
16229	Soymilk (All flavors), lowfat, with added calcium, vitamins A and D	243.0	1.0 cup	0.000
14436	Beverages, orange breakfast drink, ready-to-drink, with added nutrients	31.6	1.0 fl oz	0.000
19172	Gelatin desserts, dry mix	85.0	1.0 package (3 oz)	0.000
19312	Pie fillings, apple, canned	74.0	0.125 can	0.000
18033	Bread, italian	28.35	1.0 oz	0.000
03118	Babyfood, fruit, apricot with tapioca, strained	15.0	1.0 tbsp	0.000
14641	Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor	246.0	1.0 serving (8 fl oz)	0.000
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	15.0	1.0 tbsp	0.000
14013	Alcoholic beverage, beer, light, low carb	29.5	1.0 fl oz	0.000
06621	SMART SOUP, Greek Minestrone	283.0	10.0 oz 1 pouch	0.000
44158	Pie fillings, blueberry, canned	151.0	1.0 serving	0.000
19384	Candies, divinity, prepared-from-recipe	11.0	1.0 piece	0.000
14646	Beverages, Fruit flavored drink containing less than 3% fruit juice, with high vitamin C	238.0	1.0 cup (8 fl oz)	0.000
06229	PREGO Pasta, Mushroom and Garlic Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	0.000
09507	Fruit juice smoothie, NAKED JUICE, MIGHTY MANGO	240.0	8.0 fl oz	0.000
14277	Beverages, grape drink, canned	31.3	1.0 fl oz	0.000
19099	Candies, fondant, prepared-from-recipe	28.35	1.0 oz	0.000
06548	CAMPBELL'S Homestyle Chicken with White & Wild Rice Soup	245.0	1.0 cup	0.000
43479	Alcoholic beverage, rice (sake)	29.1	1.0 fl oz	0.000
02068	Vinegar, red wine	14.9	1.0 tbsp	0.000
14086	Beverages, V8 SPLASH Smoothies, Peach Mango	245.0	1.0 serving 8 oz	0.000
16202	PACE, Traditional Refried Beans	120.0	0.5 cup	0.000
14409	Beverages, Orange-flavor drink, breakfast type, low calorie, powder	2.5	1.0 portion, amount of dry mix to make 8 fl oz prepared	0.000
27030	PACE, Triple Pepper Salsa	32.0	1.0 serving	0.000
14188	Beverages, tea, green, ready to drink, ginseng and honey, sweetened	260.0	1.0 cup	0.000
43346	Frozen novelties, juice type, orange	29.8	1.0 fl oz	0.000
11226	Jerusalem-artichokes, raw	150.0	1.0 cup slices	0.000
18372	Leavening agents, baking soda	4.6	1.0 tsp	0.000
43154	Alcoholic beverage, wine, cooking	4.9	1.0 tsp	0.000

NDB_No	Description	Weight(g)	Measure	Fatty acids, total saturated(g) Per Measure
14623	Beverages, V8 V- FUSION Juices, Acai Berry	246.0	1.0 serving 8 oz	0.000
06995	PREGO Pasta, Chunky Garden Tomato, Onion and Garlic Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	0.000
31005	CAMPBELL'S, V8 Vegetable Juice, Organic V8	243.0	8.0 fl oz	0.000
14250	Beverages, AMBER, hard cider	355.0	12.0 fl oz	0.000
14429	Beverages, water, tap, municipal	29.6	1.0 fl oz	0.000
19129	Syrups, table blends, pancake	314.0	1.0 cup	0.000
14637	Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored	200.0	1.0 pouch	0.000
03227	Babyfood, dessert, peach cobbler, strained	15.0	1.0 tbsp	0.000
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	0.000
28323	Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk)	41.0	0.33 cup 1 serving	0.000
14161	Beverages, Kiwi Strawberry Juice Drink	473.0	16.0 fl oz	0.000
14075	Beverages, GEROLSTEINER BRUNNEN GmbH & Co. KG, Gerolsteiner naturally sparkling mineral water,	240.0	8.0 fl oz	0.000
43075	Fluid replacement, electrolyte solution (include PEDIALYTE)	31.2	1.0 fl oz	0.000
14537	Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine	29.6	1.0 fl oz	0.000
14080	Beverages, rich chocolate, powder	11.0	2.0 tbsp	0.000
06331	Gravy, FRANCO-AMERICAN, turkey, slow roast	59.0	0.25 cup	0.000
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	15.0	1.0 tbsp	0.000
21521	Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	347.0	12.0 fl oz	0.000
27027	PACE, Pico De Gallo	32.0	1.0 serving	0.000
19280	Frozen novelties, ice type, lime	99.0	0.5 cup (4 fl oz)	0.000
14303	Limeade, frozen concentrate, prepared with water	30.9	1.0 fl oz	0.000
19112	Candies, TWIZZLERS Strawberry Twists Candy	45.0	4.0 pieces 1.6oz	0.000
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1.0 tsp	0.000
16261	SILK French Vanilla Creamer	15.0	1.0 tbsp	0.000
14601	Beverages, WENDY'S, tea, ready-to-drink, unsweetened	29.6	1.0 fl oz	0.000
19217	Frozen novelties, ice type, fruit, no sugar added	51.0	1.0 bar	0.000
14136	Beverages, carbonated, ginger ale	30.5	1.0 fl oz	0.000